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PAGE 15

FAMILY LEFT REELING

Twelve-year-old twins Gabrielle and Jacob Rondeau goof around in a family photo posted to Facebook. The sister and brother died of smoke inhalation following an apartment fire in Gatineau on Saturday night, and their family has been left heartbroken. Story, page 7. FACEBOOK

Players face gross indecency probe

QMJHL. Quebec hockey league launching internal investigation after report of incident

TREVOR GREENWAY
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The Quebec Major Junior Hockey League (QMJHL) is investigating an act of "gross indecency" that allegedly involved some members of the Gatineau Olympiques hockey team.

According to Gatineau Police spokesman Jean-Paul Lemay, police received a complaint about an incident at a Boston Pizza restaurant last Friday. He wouldn't confirm if players were involved and said there are no charges pending. He said it's an "ongoing investigation."

Le Droit reported the incident involved six players with the team and a woman inside a washroom at the restaurant around 11 p.m.

The French-language daily reported a staff member at the restaurant noticed the bathroom door was barred shut and was being watched by another player. The worker reportedly forced the door open and ordered all of the players out.

Lemay said no charges have been laid and there have been no sexual assaults reported from the incident.

Quoted

"The Quebec Major Junior Hockey League and Gatineau Olympiques organization take the situation reported in the media very seriously."

Statement from the QMJHL

The QMJHL issued a statement Monday, saying the allegations are "serious" and that an internal review is underway.

"The Quebec Major Junior Hockey League and Gatineau Olympiques organization take the situation reported in the media very seriously," the statement read.

"There will be an internal investigation and a process will be established for next steps."

League representatives wouldn't elaborate further.

The incident comes months after the entire men's hockey program at the University of Ottawa was cancelled indefinitely amid a sexual-assault scandal involving two of the team's players and a 21-year-old female student at Lakehead University.

Players David Foucher and Guillaume Donovan have since been charged with sexual assault.

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NEWS

Hospital can't meet demand for eating-disorder treatment

Health. CHEO launches online portal to help parents and undertake nationwide study

JOE LOFARO
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Ottawa children with milder, earlier stages of eating disorders are having to wait to get help because the Children's Hospital of Eastern Ontario (CHEO) is only able to assess moderate to severe cases.

It's not that CHEO doesn't want to help; it just doesn't have the capacity to assess every youth who comes in.

That's why on Monday the hospital launched Canped.ca, a new educational portal and research study aimed at parents and caregivers of adolescent youth who may be suffering from eating disorders or eating difficulties.

The website will not offer treatment or a diagnosis but will offer adults information about eating disorders, associated risks and what triggers eating disorders in youth.

Doctors with the hospital say that over the last five years, physicians have seen younger patients diagnosed with the illnesses, such as anorexia nervosa.

Dr. Mark Norris has been researching eating disorders for the last decade and is leading a nationwide research study with Dr. Wendy Spettigue and members of the Pediatric Research on Eating Disorders and Obesity (PREDO) team at CHEO.

Norris said he typically sees 60 to 70 patients per year in his clinic. He said that caseload is "quite saturated, and we never have spots that go unfilled."

"Part of the reason why we looked to develop this website is to give parents and caregivers who are in those early stages or are faced with waiting for an assessment a head start," he explained.

The sheer volume of patients who come to CHEO forced the hospital to focus on more severe cases.

"The goal is to continue to try and look at developing a secondary level of care, but to date that has not yet been put in place," he added.

The website includes six teaching modules for parents, short videos and animated slide shows as well as a list of recommended resources for parents and caregivers.

CHEO received funding for the project from the Mach-Gaensslen Foundation of Canada, Farm Boy and the Bell Let's Talk mental-health initiative.

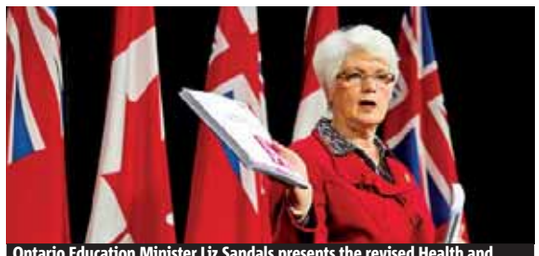
For now, visitors who go to Canped.ca must fill out a questionnaire to register. Once CHEO receives feedback from parents at the conclusion of the study, it intends to make the website open to everyone.

Dr. Mark Norris is part of the Children's Hospital of Eastern Ontario's (CHEO) Pediatric Research on Eating Disorders and Obesity (PREDO) team. Ottawa children with milder, earlier stages of eating disorders are having to wait to get help because CHEO is only able to assess moderate to severe cases. CONTRIBUTED

Group says sex-ed revamp 'badly needed'

The Ontario government's revamp to the sex-education curriculum, which hadn't been updated since 1998, was "badly needed" because some students were afraid of going through puberty without learning about it first, says Planned Parenthood Ottawa (PPO).

Lauren Dobson-Hughes, president of the Ottawa-based charity that provides sexual-education workshops in schools, said the update reflects the questions and concerns today's school kids are talking about.



Ontario Education Minister Liz Sandals presents the revised Health and Physical Education curriculum in Toronto on Monday. JOE LOFARO/METRO

The new curriculum, unveiled Monday by Education Minister Liz Sandals, means students will learn proper body-part names in Grade 1 and puberty in Grade 4 instead of Grade 5. Also, Grade 3 students will learn about same-sex relationships, which Premier Kathleen Wynne said would promote inclusion among students who have same-sex parents.

Dobson-Hughes said teaching students about puberty in earlier grades — something PPO already did in seminars — is just common sense.

"In Ontario the HPV vaccine is given at Grade 8, not because youth are having sexual intercourse at that age. It's given before they start, to protect them later," she said.

"And that's the same with sex education. We need to start talking about puberty before they hit puberty so they're not scared when they get there."

She said PPO staff who visited schools often encountered students afraid of how their bodies were changing.

"Girls who started their period didn't realize what was happening because they hadn't been taught about puberty yet and they thought they were dying," said Dobson-Hughes.

JOE LOFARO/METRO

Not your nana's sex ed

Education. The new Ontario curriculum, unveiled by the Liberal government on Monday, starts the conversation earlier — covering topics such as sexual consent, sexual orientation, gender identity and safe online behaviour, to name a few

More in-depth at a younger age

JESSICA SMITH CROSS
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The days are long gone when sex ed was left only for red-faced parents to have "the talk" or silently slip a brochure to their kids.

Thanks largely to the Internet, kids are learning about all things sex earlier than ever, and Ontario's new sex-ed curriculum is driven by that.

The curriculum update, the first since 1998, was unveiled yesterday and is expected to hit classrooms in September, unless protests from religious and parents-rights groups convince the government to change course.

It includes new information about sexual consent, sexual orientation, gender identity and safe online behaviour, such as the risks of sexting.

It teaches some of the same sex-ed basics Ontario kids have been learning at a younger age and goes into more depth on some things.

Some of the major changes

- Students will learn words such as penis and vagina in Grade 1, at the same time they learn the names of all other body parts. Kids are already learning about body parts in Grade 1, but the old curriculum didn't specifically address genitals. Using the proper names is meant to help students tell an adult if they've been abused or injured.
- Students in Grade 2 have always been taught that "no" means no, and they should tell someone if someone touches them inappropriately, but the new curriculum builds on that in subsequent years to teach kids about sexual consent.
- The curriculum focuses more on sexual orientation and gender expression. In Grade 3, students will learn about same-sex relationships.
- Because kids are going through puberty earlier now than they used to, the puberty discussion will begin in Grade 4, rather than Grade 5. Also in Grade 4, students will learn about online safety, including the risks posed when asked for sexual pictures online.
- Masturbation will be discussed in Grade 6. The new curriculum says students who ask questions about it should be told it's a normal way to learn about their bodies. Students will also learn about sexual consent in Grade 6 and how "yes means yes" works in a healthy relationship.
- Students have always learned about pregnancy and sexually-transmitted infections in Grade 7, but the new curriculum adds specific lessons about anal and oral sex. They'll also learn about the repercussions of sexting.

We asked some of the major players in the Ontario sex-ed debate how they first learned about sex, and how they think kids today should learn. Here's what they said:

Liz Sandals, education minister

THE CANADIAN PRESS

"I'm a grandma, so sex ed was something you didn't mention at all when I was a student. It really was Mom."

Sandals said sex ed has evolved over generations as the age of puberty drops.

Her children, now in their 30s, were taught many of the same concepts that are in the current curriculum by a public health nurse at their school. But the world has changed with "smartphones and Snapchat," she said, so the new curriculum is needed to ensure the safety and health of students.

Monte McNaughton, Lambton-Kent-Middlesex MPP

"I mean, luckily I had parents who talked to me, but first and foremost we had (sex education in school). I'm 37-years-old, and we had the V.I.P. Program it was called back in Grade 6, that's my recollection of the beginning."

TORSTAR NEWS SERVICE

McNaughton is running for leadership of the PC Party. He opposes the new curriculum, and says parents should have a greater say. The program he mentioned, called V.I.P.—which stands for Values, Influences and Peers — was created by the Ontario government in 1982 and is now considered outdated.

Chris Markham, of Ontario Physical and Health Education Association

CONTRIBUTED

"Like a lot of people, I was part of the old generation where it was a lot of schoolyard stuff. You pick it up on the schoolyard, you hear from friends, that type of thing."

Markham's association helped the government develop the new curriculum.

He sees it as an improvement over his experiences because it brings the conversation about sex into classrooms and addresses questions that are pressing to kids these days.

Mary Ellen Douglas, Ontario president of Campaign Life Coalition

"I learned from my parents and from my faith background."

Douglas opposes the new curriculum, saying it gives students information that's too graphic, at too young of an age. She also said it usurps parents' rights to teach these issues to their children. "You explain to them that there's a special place for a baby to come into the world and that's all they need to know," she said.

CONTRIBUTED

Police want $400K for shooting costs

Public safety. Force also wants additional $10 million over next five years for extra security expenses

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Ottawa police officers take cover behind an unmarked cruiser on Oct. 22, 2014, after gunman Michael Zehaf Bibeau killed a soldier at the National War Memorial and stormed Parliament. The Ottawa police force is asking for the federal government to pay it $400,000 toward costs incurred during the incident. SEAN KILPATRICK/THE CANADIAN PRESS

The Ottawa police are asking the federal government for $400,000 to recover costs for the Parliament Hill shooting last year.

That funding will recoup the costs of the investigation, searching different sites and employing off-duty cops, said Chief Charles Bordeleau at the Ottawa Police Services Board meeting on Monday.

On Oct. 22, 2014, gunman Michael Zehaf Bibeau shot and killed Cpl. Nathan Cirillo, a reservist who was standing guard at the National War Memorial. Zehaf Bibeau then fled to Parliament, where he engaged in fire before being gunned down by Sergeant-at-Arms Kevin Vickers.

Apart from the policing costs of the shooting, the OPS is also asking Public Safety Minister Steven Blaney for $10 million in funding over five years.

The OPS board agreed to send a letter to Blaney — jointly signed by Mayor Jim Watson and OPS board chairman Eli El-Chantiry — asking for the $2 million a year in funds.

"As the nation's capital, Ottawa requires additional public safety and security services over and above other Canadian municipalities," the letter reads. "The unique policing environment created by the presence of federal landmarks and institutions of national significance lead to increased costs that are often delivered by the Ottawa Police Service."

The letter cites special events planning, the emergency services unit, the marine, dive and trail team, and a national capital security response co-ordinator as "unique demands" on city police. Further, there are an average of 700 protests and marches every year that are "a direct result of federal activities," yet Ottawa taxpayers are footing the bill.

In 2009, the federal government granted $10 million over a five-year period to the Ottawa police, but that funding expired in 2013.

Blood sought for major health study

It may take a decade before we start to understand more about cancer, diabetes and other diseases, but doctors in Ontario are willing to play the waiting game.

The Ontario Health Study is heading to Ottawa and doctors are urging residents to give blood samples and be a part of the country's largest and most ambitious health study.

"By spending a little bit of time and providing a bit of blood, they are helping to create something big that could affect the health of future generations," said Dr. Mark Purdue, an epidemiologist and researcher at the Ontario Institute for Cancer Research in Toronto.

Dr. Mark Purdue CONTRIBUTED

"The Ontario Health Study is going to be a very important resource for scientists both in Canada and internationally to better understand what causes cancer and other chronic diseases. "

Since the study launched in 2010, more than 225,000 Ontario residents have filled out the online survey and 23,000 have given blood samples. The data will be collected and the individuals tracked throughout their life to study how diseases like cancer and diabetes form.

"The study will become even more valuable the longer it goes, as we learn more and more about the health of the participants in the study," added Purdue.

"It will literally be an important resource for scientists for decades to come."

Purdue said the study has strict confidentiality guidelines that protect personal data — participants are "de-identified" and data is stored on a firewalled server. He said no identifying data will be given to researchers.

The study has a goal to collect 78,000 blood samples, and the next stop is in Ottawa from Friday through March 3 at several locations in the city.

To book an appointment, participants aged 35 to 69 years old are urged to visit ontariohealthstudy.ca.

TREVOR GREENWAY/METRO

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Ottawa family turns to crowd funding for cancer battle

A child's courage. Four-year-old Phoebe Rose Doull-Hoffman is fighting leukemia with stem-cell therapy and a glowing smile

LUCY SCHOLEY
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An Ottawa family is struggling to make ends meet while caring for their four-year-old daughter, who's fighting a rare form of leukemia.

Phoebe Rose Doull-Hoffman has been living in Memphis, Tenn., for almost six months with her family while she undergoes special treatment for high-risk Infant Acute Lymphoblastic Leukemia.

It's the longest the family has spent down south since their youngest was diagnosed at just nine weeks old. They are now hopeful a third stem-cell transplant from Phoebe's dad, Jonathan, will finally set her on the path to recovery.

But in the meantime, their bills back home, plus the cost of renting an apartment in Memphis, are piling up.

So a relative has launched a GoFundMe campaign to raise $20,000 to help Phoebe Rose, Jonathan, mom Jenny and six-year-old sister Mae Doull-Hoffman. Jenny has not been able to work as a teacher since her youngest daughter was born, and Jonathan is taking time from his stonemasonry business.

Fortunately, the medical costs of the innovative treatments are being covered by St. Jude Children's Research Hospital, said Jenny.

The family landed in Memphis after "innovative drug trials" and stem-cell treatments in Toronto and Denver. Phoebe Rose has struggled through two bone-marrow transplants, a year and a half of chemotherapy and four relapses. She has had medical complications including a stroke and fungal infection.

Throughout all this, the family remains hopeful.

"She has this kind of amazing ability to thrive and overcome so many obstacles, and that's kind of what keeps us going and gives us hope," said Jenny Doull-Hoffman.

There are many days when Phoebe Rose acts like any other kid her age — playing "freeze dance" or dressing up with Mae.

An apartment at least makes their living space feel like home. The two girls have decorated their bedroom with their drawings, and a kitchen provides space where Phoebe Rose can help her dad make guacamole or sushi.

"It's not home," said Jenny. "But it's a place where, at the end of the day, when it's been really stressful and hard and Phoebe's gone through a lot, we can go home and we can make a nice meal and have dinner as a family."

Quoted

"She has this kind of amazing ability to thrive and overcome so many obstacles, and that's kind of what keeps us going and gives us hope."

Jenny Doull-Hoffman, mother to Phoebe

Phoebe Rose Rocks

Recent blog entries by Phoebe's parents say she has been suffering from an infection, rashes and had to undergo adjustments to her antibiotics.

- **Rash.** "The rash seems to come and go in terms of severity, but when it flares, so do the fevers, so we are still here. Phoebe needs to be 48 hours without a fever before she is discharged."
- **Virus.** According to blog posts, her doctors suspect that Phoebe may be suffering from both a virus and a bacterial infection. That notwithstanding, she is staying upbeat.

Phoebe Rose, right, plays dress-up with her sister Mae. According to a recent blog post, Phoebe has been experiencing a rash and fever, which her doctors believe to be caused by a virus and bacterial infection. Despite her health, the blog notes that she's acting as normal as she can, waking up in the morning and cheerfully greeting everyone she meets with a giggle and a smile. CONTRIBUTED

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Voting rules face charter challenge

Two advocacy groups are asking the courts to set aside new Conservative election rules they say will make it more difficult for thousands of Canadians to vote in this year's federal election.

The Council of Canadians and the Canadian Federation of Students have filed evidence to support a constitutional challenge of last year's legislation, dubbed the Fair Elections Act by the Harper government.

"The very legitimacy of the government is at issue if these rules stand, in our submission," lawyer Steven Shrybman told a news conference Monday.

The groups say new voter-identification rules contravene Section 3 of the charter, which states everyone has the right to vote, as well as the equality provisions in the Constitution.

The office of Democratic Reform Minister Pierre Poilievre did not respond to a request for comment.

The Fair Elections Act was introduced last February to near-universal condemnation from electoral experts from across Canada and abroad. The Conservatives eventually removed a number of the most contentious aspects of the bill before rushing it through the House and the Senate.

However, the new rules still forbid voters from using the Elections Canada voter-identification card mailed to their home as proof of residency — although some 400,000 voters used the cards for this purpose in the 2011 federal election.

The law also now sets up a more restrictive process for attesting to the identity of voters — vouching — who don't have proper identification.

The groups will seek a court injunction setting aside the new election rules if the case can't be heard before Canadians go to the polls.

THE CANADIAN PRESS

Crowdfunding. Firm aims to help foreign startups raise capital

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An Ottawa investment firm is launching a new fund to help foreign startups get the capital they need to start their business and relocate to Canada.

It's a fund that could ultimately bring new innovative ideas to the country, while creating new, high-paying jobs in Ottawa and beyond.

Alex Cruder founded Bridgestarter Crowdfunding Solutions Corp. last year to help foreign startups raise capital via kickstarter campaigns, as the crowdfunding service is available in only 10 countries.

Through Cruder's "Kickstarter conduit," he has helped expand the service to 18 countries worldwide.

Now, he's taking things a step further with an angel investment fund that will make direct investments in foreign-based startups and broker transactions between foreign-based startups and North American investors. The company is targeting innovative startups that don't have access to capital investment.

"In Canada, we take the idea of capital for granted. If we want to get a mortgage, it's pretty much guaranteed. It's so easy," said Cruder. "But this is the type of capital that you just can't get in other countries. It's a win-win all around."

Cruder sees opportunity in financially unstable countries like Greece, Italy and Russia, where ideas are plentiful, but money isn't, leaving bright entrepreneurs scrambling.

Alex Cruder wants foreign firms to succeed and bring their businesses and new jobs to Canada. SUPPLIED

Cruder said his company plans to use the federal government's Start-up Visa program to relocate foreign assets and entrepreneurs to Canada, which he says will create jobs and bring new, innovative ideas to Canada.

Cruder said he hopes to let foreign entrepreneurs in on "the Canadian Dream."

"Startups in places that don't have capital will just end up closing their doors," added Cruder.

"We can bring them here and help them flourish."

Quoted

"In Canada, we take the idea of capital for granted."

Alex Cruder, founder of Bridgestarter Crowdfunding Solutions Corp.

Family mourns twins, 12, killed in home fire

Gatineau. Brother, 17, was babysitting as deadly apartment blaze grew from a kitchen fire, investigation finds

LUCY SCHOLEY
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A Gatineau family is mourning after 12-year-old twins died following a fire in the family's apartment on Saturday night.

Police confirmed on Monday that siblings Jacob and Gabrielle Rondeau died in the Children's Hospital of Eastern Ontario the previous night at around 7 p.m.

A joint investigation with the Gatineau fire department confirmed the blaze in apartment A at 75 Marengère was the result of a kitchen fire. There will be no charges laid, police said.

All four two-level units at that address were evacuated at around 11 p.m. on Saturday.

Their mother, Erica Cormier, wrote on her Facebook page on Monday morning: "I love you my loves. Rest in peace. I will truly miss both of you."

A makeshift memorial to the twins was erected on the family's front doorstep with people dropping off sympathy notes, stuffed animals and flowers.

The twin's 17-year-old brother, Daniel Rondeau, is said to be devastated. Rondeau had been babysitting the twins when he and his girlfriend went out for about 20 minutes to pick up a pizza down the street after the twins had gone to sleep.

Jacob and Gabrielle Rondeau are seen in photos posted to Facebook. FACEBOOK.COM

In a Facebook page entry Rondeau expressed his grief for "Jack" and "Gabidou."

"You were only 12 years old," he wrote of his brother. "You don't know how much I love you."

"Rest in peace Gabidou," he wrote. "We will really miss you. It's not fair that you left like this."

Neighbours called 911 when they noticed the blaze.

The family apartments are owned by the city's Office municipal d'habitation de Gatineau. They were built in 1983.

Damage to the building was estimated at $100,000.

Police say there have been many kitchen fires over the past few days and are reminding people to never leave their cooking unattended.

Quoted

"You were only 12 years old. You don't know how much I love you."

Facebook page message from brother Daniel Rondeau to his twin brother and sister, Jacob and Gabrielle Rondeau, who died in a fire in the family's apartment.

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Propaganda definition too broad in terror bill: Experts

A federal proposal to scrub terrorist propaganda from the Internet risks the deletion of speech that has no ties to violent threats, says a new analysis.

The definition of propaganda in the government anti-terrorism bill is dangerously broad, law professors Craig Forcese and Kent Roach say in their paper.

The bill, introduced late last month, proposes giving the RCMP power to seek a judge's order to remove terrorist propaganda from websites.

Forcese, of the University of Ottawa, and Roach, who teaches at the University of Toronto, say while they support the idea in principle, it should be rooted in actual or threatened violence.

Conservatives brought in the bill — which would also significantly expand the powers of Canada's spy agency — following the daylight murders of two Canadian soldiers last October.

The Canadian Security Intelligence Service would become an agency that tries to derail terror plots, not just one that collects and analyzes information.

The bill would create a new criminal offence of encouraging someone to carry out a terror attack. **THE CANADIAN PRESS**

Greyhound killing

Group home suggested for man who beheaded bus passenger

Experts are recommending a man who beheaded a fellow passenger aboard a Greyhound bus should be transferred from a mental facility to a Winnipeg hospital with an eye to moving him to a community group home. Vince Li's psychiatrist, Dr. Steven Kremer, told a criminal code board review hearing that Li has shown improvement and is at low risk to reoffend. Other doctors came to the same conclusion, the board heard. **THE CANADIAN PRESS**

Roundtable set to address missing, murdered women

Aboriginal issues.
Groups and activists still pushing for inquiry

Every year on April 29, Sue Martin marks her daughter Terrie's death by holding a vigil where she cooks and invites family members over to pray and share stories about loved ones.

Terrie was 24 when she was murdered in her Calgary home in 2002 while her children were in their rooms. She had been severely beaten, but to this day no one has been charged for the crime.

Martin believes there needs to be tougher laws and more police resources to deal with killings involving aboriginal women like her daughter.

"We need more education for our women, and more safe places for our women to go," Martin said, referring to shelters for aboriginal females.

Those are some of the things Martin wants to see come out of Friday's roundtable in Ottawa on missing and murdered aboriginal women. The roundtable will bring together representatives from the provinces and territories, national aboriginal groups, and the federal government — two delegates from each group will be at the table.

Sue Martin, centre, takes part in a national candlelight vigil to honour missing or murdered aboriginal women on Parliament Hill in 2009. Martin's daughter, Terrie, was killed in Calgary in 2002, and no one has been charged for the crime. FRED CHARTRAND/THE CANADIAN PRESS

The aboriginal groups attending include the Assembly of First Nations, the Congress of Aboriginal Peoples, and the Native Women's Association of Canada. Aboriginal Affairs Minister Bernard Valcourt and Status of Women Minister Kellie Leitch have also said they'll be participating. The roundtable is being held amid repeated calls for a broader national inquiry.

Prime Minister Stephen Harper's government is instead devoting $5 million a year for five years toward an "action plan" to end violence against aboriginal women, and says a national missing persons DNA index will also help address the problems.

Dawn Harvard, interim president of the Native Women's Association of Canada, noted that provincial leaders such as Premier Kathleen Wynne understand the missing and murdered aboriginal women's issue is "a crisis" even though the federal government doesn't see things that way.

Last May, the RCMP released a report that found between 1980 and 2012 there were 1,181 police-recorded incidents involving missing aboriginal females and homicides of aboriginal females.

The roundtable will address key themes, including prevention and awareness, police and justice system responses, and "community safety plans and protocols." **TORSTAR NEWS SERVICE**

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Northeastern Nigeria

Girl suicide bomber kills four others

A girl as young as 10 blew herself up in a busy market in northeastern Nigeria, killing herself and four others and fueling fears Islamic extremists are using kidnapped girls as suicide bombers.

There was no immediate claim of responsibility for the attack Sunday, which also seriously wounded 46 people, but it bore the hallmarks of Boko Haram.

The girl, who appeared to be no more than 10 years old, got out of a tricycle taxi in front of the busy cellphone market in Potiskum then detonated her explosives, according to Anazumi Saleh, a survivor of the attack who suffered head injuries.

THE ASSOCIATED PRESS

Bangladesh

Death toll rises after river ferry disaster

The death toll from a weekend ferry disaster in central Bangladesh rose to 70 on Monday, as divers finished their search after the vessel was lifted to the surface and towed to shore.

A local government administrator, Rasheda Ferdousi, said the area of the river around the accident site was still being monitored because some passengers were still missing. He did not give an exact number.

"Our people are using boats to survey the river for any dead bodies," Ferdousi said.

THE ASSOCIATED PRESS

Ukraine

Continued rebel attacks prevent weapons pullback

Ukraine delayed a promised pullback of heavy weapons from the front line Monday, blaming continuing attacks from separatist rebels in eastern Ukraine.

Under a peace agreement reached Feb. 12, both sides are to withdraw their heavy weapons 25 to 70 kilometres back to create a buffer zone. Ukrainian officials said Sunday they were planning to start.

However, military spokesman Lt. Col. Anatoliy Stelmakh told reporters on Monday the pullback will not begin until rebel attacks stop entirely.

THE ASSOCIATED PRESS

U.S. and Iran talk nuclear

Tehran. Iranian officials say they don't want arms, just enrichment for energy, medical and scientific purposes

Edging toward a historic compromise, the U.S. and Iran reported progress Monday on a deal that would clamp down on Tehran's nuclear activities for at least 10 years but then slowly ease restrictions on programs that could be used to make atomic arms.

Officials said there were still obstacles to overcome before a March 31 deadline, and any deal will face harsh opposition in both countries. It also would be sure to further strain already tense U.S. relations with Israel, whose leaders oppose any agreement that doesn't end Iran's nuclear ambitions.

Israeli Prime Minister Benjamin Netanyahu is expected to strongly criticize the deal in an address before Congress next week.

Still, a comprehensive pact could ease 35 years of U.S-Iranian enmity — and seems within reach for the first time in more than a decade of negotiations.

"We made progress," U.S. Secretary of State John Kerry said as he bade farewell to members of the American delegation at the table with Iran. More discussions between Iran and the six nations engaging it were set for next Monday, a senior U.S. official said.

Iranian Foreign Minister Mohammad Javad Zarif said the sides found "a better understanding" at the negotiating table.

Western officials familiar with the talks cited movement but also described the discussions as a moving target, meaning changes in any one area would have repercussions for other parts of the negotiation.

The core idea would be to reward Iran for good behaviour over the last years of any agreement, gradually lifting constraints on its uranium enrichment and slowly easing economic sanctions.

Iran says it does not want nuclear arms and needs enrichment only for energy, medical and scientific purposes, but the U.S. fears Tehran could re-engineer the program to produce the fissile core of a nuclear weapon.

THE ASSOCIATED PRESS

Sinkhole in Naples, Italy, forces 380 to leave area

This photo taken Sunday shows a view from above of the chasm that opened Saturday and enlarged in the night, forcing about 380 people to leave the Pianura district of Naples, Italy.

THE ASSOCIATED PRESS

Missing. Three U.K. girls possibly headed to Syria

Turkish police searched Monday for three missing British schoolgirls believed to be headed to Syria to join the Islamic State of Iraq and the Levant (ISIL) extremist group as their frightened families issued urgent pleas begging the girls to return home.

The girls, said to be "straight-A students" from the same east London school, disappeared last Tuesday without leaving any messages. Authorities said they boarded a Turkish Airlines plane to Istanbul.

The relatives of Shamima Begum and Amira Abase, both 15, and Kadiza Sultana, 16, broke down in tears as they spoke of their fears on TV.

"We miss you. We cannot stop crying," said Abase Hussen, Amira's father, clutching a teddy bear Amira gave to her mother on Mother's Day. "Please think twice. Don't go to Syria."

The case has captured wide attention in Britain, where authorities say at least 500 people have left for Syria to join extremists and fear they pose a terrorism threat when they return.

THE ASSOCIATED PRESS

France. Six barred from travel to join extremists

France has barred six people from leaving the country because they wanted to join extremists in Syria, the first such travel ban under a new law aimed at keeping French radicals from gaining violent experience abroad.

Interior Minister Bernard Cazeneuve says some 40 others will face travel bans in the coming weeks. He did not name the six.

The bans issued Monday are the first since a sweeping anti-terrorism law passed last year. The government is especially worried since attacks in Paris last month killed 20 people, including three gunmen claiming ties to Islamic extremists in Syria and Yemen.

An Interior Ministry official says the passports and ID cards of the six have been declared invalid for six months, a measure that can be extended for up to two years.

THE ASSOCIATED PRESS

Palestinian authorities found liable for Israel terror attacks

The Palestine Liberation Organization and the Palestinian Authority were the catalysts for a series of terrorist attacks in the early 2000s in Israel that killed or wounded several Americans, a U.S. jury found Monday at a high-stakes civil trial.

In finding the Palestinian authorities liable in the attacks, jurors awarded the victims $218.5 million in damages for the bloodshed. The U.S. Anti-Terrorism Act could allow for that to be tripled.

The case in Manhattan and another in Brooklyn have been viewed as the most notable attempts by American victims of the Palestinian-Israeli conflict to use U.S. courts to seek damages that could reach into the billions of dollars.

The Palestinian Authority, which had argued that the attackers acted on their own, said it would appeal.

"The charges that were made against us are baseless," Deputy Minister of Information Mahmoud Khalifa said in a statement.

None of the victims was in the courtroom Monday for the verdict, but their lawyers called it a victory in the fight against terrorism.

"It's about accountability. It's about justice," attorney Kent Yalowitz said. He and an attorney with the Israel Law Centre, which helped with the case, vowed to collect the damages by pursuing Palestinian Authority and PLO bank accounts, securities accounts, real estate and other property that may be in the U.S., Israel and elsewhere.

"Now, the PLO and the Palestinian Authority know there is a price" for supporting terrorism, Israel Law Center attorney Nitsana Darshan-Leitner said.

Yalowitz had urged the Manhattan jury to order the PLO and Palestinian Authority to pay $350 million for providing material support to terrorists involved in six bombings and shootings from 2002 to 2004.

No amount could make up for the human toll, he said. "But if the only thing you can give them is money, then money has to stand in as compensation for the unspeakable loss," he added.

THE ASSOCIATED PRESS

Attorney Kent Yalowitz, right, representing those affected by attacks in Israel in the early 2000s, hugs Mark Weiss of New York outside a federal courthouse in New York Monday. THE ASSOCIATED PRESS

Texas. Prognosis good for 10-month-old girls separated by surgery

Doctors are optimistic that 10-month-old conjoined twin girls will survive the surgery that has separated them.

It took 26 hours last week to separate the girls, Knatalyne Hope Mata and Adeline Faith, who shared a chest wall, lungs, a part of their heart lining, diaphragm, liver, colon, intestines and pelvic area, according to surgeon Darrell Cass. The surgery, which took place at Texas Children's Hospital in Houston, had been planned since before they were born.

They are in stable but critical condition. THE ASSOCIATED PRESS

Surgery brings hope

The conjoined condition of the twin girls was discovered during a routine ultrasound in January 2014.

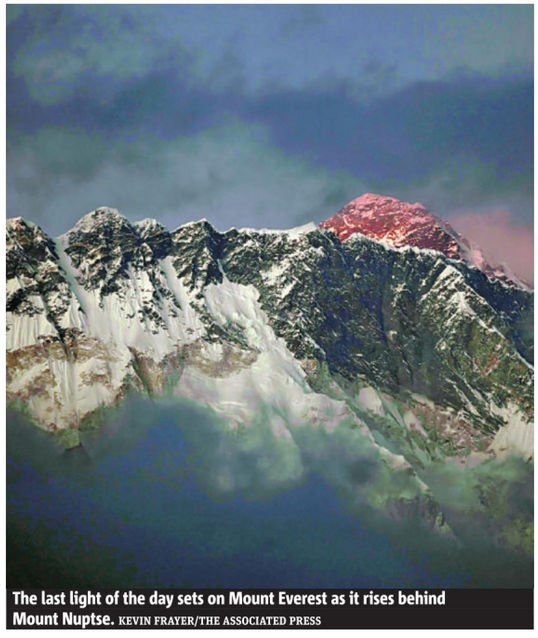
- Each weighed 1.6 kilograms at birth; now they're nine kilograms.

Florida

Police dog retired over biting attacks

A police dog is being kicked off the force after biting a doughnut shop worker and a cop. The dog, Renzo, age 4, had been with the Coconut Creek Police for a year. The Belgian Malinois bit an officer in November while tracking a suspect. Last week, he went out of control and bit a Dunkin' Donuts worker. Renzo and Officer Carl DiBlasi went to the shop to meet a sergeant who began to pet Renzo. The dog lunged at her. DiBlasi tried to restrain Renzo, who broke away and bit the worker. THE ASSOCIATED PRESS

Nepal pledges to improve safety on Mount Everest



The last light of the day sets on Mount Everest as it rises behind Mount Nuptse. KEVIN FRAYER/THE ASSOCIATED PRESS

Kathmandu. Nepal works to improve conditions for climbers after avalanche last April killed 16 guides

Nepal is improving its weather forecasting, stepping up security and promising swift rescues if needed during the upcoming climbing season on Everest in an attempt to recover from the worst mountaineering disaster on the world's highest peak last year.

Quoted

"The risk has become truly too great."

Adrian Ballinger of the California-based Alpenglow Expeditions. The firm is ceasing operations on Everest's south side, in Nepal, and shifting to the north face, in China, due to one treacherous section on the south.

Fees for individual climbers will also be cut to lure back climbers after last year's season was abandoned due to grief and safety concerns following an avalanche near base camp last April that killed 16 local guides.

For the three-month climbing season that begins in March, the government will ensure safer conditions for both international climbers and Nepalese guides and will set up a camp for officials at base camp, the chief of Nepal's mountaineering department Puspa Raj Katuwal said Monday.

"We are working on plans to improve the conditions on the mountain this year. We are setting up a full-time office tent at the base camp, which will have our officials throughout the climbing season," Katuwal said.

That would allow the officials to quickly respond to any problem. THE ASSOCIATED PRESS

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Labour force. Women key to healthy economy: IMF

Countries that hold women back from the workforce are actually hurting their economies and contributing to lost productivity despite slowing global growth, says a new report from the International Monetary Fund (IMF).

The estimated gain in gross domestic product (GDP) for countries that close their gender gaps ranges from 15 to 35 per cent, says the study released Monday.

The gender equity issue was pushed into the spotlight Sunday night at the Academy Awards after an impassioned plea from Patricia Arquette, who won the best supporting actress award for her role as an impoverished single mother in the movie Boyhood.

"To every woman who gave birth, to every taxpayer and citizen of this nation, we have fought for everybody else's equal rights. It's time to have wage equality once and for all," she said to rousing applause in her offbeat acceptance speech that brought cheering fellow actresses Meryl Streep and Jennifer Lopez to their feet.

Losses in GDP due to economic gender gaps range from about 15 per cent in several countries, including Greece, Italy and Japan, to about 35 per cent in Qatar, Iran and the United Arab Emirates, the document shows, adding the losses would result in similar increases in GDP if gender gaps were removed.

TORSTAR NEWS SERVICE

Legal restrictions

The IMF study found that despite progress on gender equity, almost 90 per cent of countries still have at least one legal restriction based on gender, and 28 countries have 10 or more such laws. (Canada is not on either list.)

- Restrictions include limits on women's property rights and laws that allow husbands to prevent their wives from working or ban women from entering certain professions.

Market Minute

DOLLAR
79.52¢ US (-0.19¢)

TSX
15,200.26 (+28.02)

OIL
$49.45 US (-$1.36)

GOLD
$1,200.80 US (-$4.10)

Natural gas: $2.879 (-7.2¢)
Dow Jones: 18,116.90 (-23.60)

CRTC

Bell seeks to appeal mobile TV ruling

Bell Mobility has asked the Federal Court of Appeal that it be allowed to appeal a Jan. 29 CRTC ruling, which called the service provider's pricing model for its mobile TV app "unlawful" because it effectively made mobile TV services from other providers artificially more expensive and thereby uncompetitive.

THE CANADIAN PRESS

Tammy Parnell and Carina Dimas at a client's downtown Toronto apartment Friday. Molly Maid president Kevin Hipkins says tech-based disruptive companies like Handy, HomeJoy or TaskRabbit are merely ways to evade taxes — getting around the employer-employee rule, and calling them subcontractors.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Sharing economy blamed for creating 'culture of tax cheats'

Underground economy. Tech companies like Uber are emerging in other sectors such as cleaning services

The sharing economy might be getting lots of buzz, but Kevin Hipkins thinks it's just creating "a culture of tax cheats."

Hipkins, president of Molly Maid, a Mississauga-based cleaning services company, says these new "disruptive" tech companies such as Handy and Homejoy, funded through the deep pockets of venture capital, are not playing by the rules.

Because these companies consider the cleaner, handyman or furniture assembler to be independent contractors, they're not employees, and therefore not subject to significant employer contributions for items such as employment insurance or Canada Pension Plan.

Molly Maid, with about 1,200 employees, operating in all provinces except Quebec, ends up at a disadvantage when it comes to its profit model, compared to these new companies, Hipkins said.

He concedes that cleaning services and cleaners have long represented a huge chunk of the underground economy — some estimates peg it at more than $3 billion a year in Canada.

Hipkins believes there's a difference when it's a small under-the-table arrangement between a client and individual cleaner, versus a large U.S. company, with millions in market capitalization.

Handy, which launched in Toronto last April and in Vancouver in June, says it is absolutely not evading taxes.

"Handy aims to be compliant with all local laws irrespective of jurisdiction," the company said in an email, arguing the Handy model allows professionals to choose their hours, work and schedule.

Homejoy, a California-based company, was operating in Toronto, but suspended service there late last year. It did not respond to a request for comment.

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VOICES

THE RECOVERY RATE

While waiving transit fees entirely comes with pitfalls, ridership could be boosted by giving people a break on their fares

YOUR RIDE
Kathryn Hunt

As ridership declines and fares increase, some people are beginning to question whether Ottawa's transit funding model needs a rethink.
SEAN MCKIBBON/METRO

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OC Transpo fares are set to go up again, but this time, one councillor has broken with the dogma of leaving property taxes alone while leaning on user fees to cover incremental costs.

At last week's transit commission meeting, Coun. Jeff Leiper floated the idea of funding OC Transpo's $2.4-million funding shortfall with property taxes instead of hiking fares.

It helps to remember that as it is, fares and other revenue already cover a little more than half of OC Transpo's expenses. The rest is paid for out of the city's property tax revenue.

The amount of a transit system's costs that are covered by fares is called the farebox recovery rate. Edmonton, Vancouver, Montreal, Toronto and Ottawa all have farebox recovery ratios over 50 per cent. The average farebox recovery ratio in Canada is 58 per cent, while in the United States it's only 36 per cent. And in Austin, Texas — at least as of 2007, when the last data were published — the fare recovery ratio was only nine per cent, with fares set at $1.

Austin was actually the site of one of the largest experiments in free transit. From October 1989 until December 1990 the city made its entire system free. But according to an October 2002 paper by the National Center for Transportation Research in Florida, the experiment in Austin and in some other cities in the U.S. mostly lured new riders away from cycling and walking and not out of cars. Implementing a free-fare approach also brought other costs.

"The larger transit systems that offered free fares suffered dramatic (increases in) rates of vandalism, graffiti, and rowdiness," the NCTR paper said, "due to younger passengers who could ride the system for free, causing numerous negative consequences.

"Vehicle maintenance and security costs escalated due to the need for repairs associated with abuse from passengers. The greater presence of vagrants on board buses also discouraged choice riders and caused increased complaints from long-time passengers."

Other places adopt the opposite model, running transit as a money-maker.

Some Asian cities, in particular, take in more than 100 per cent of their operating costs. However, in many of those cities — for example, Hong Kong — public transit is the default form of transportation and cars are a secondary means of getting around. That's simply not the case in Canadian cities.

The changes Leiper has proposed, in the face of these different models, aren't all that sweeping. Leiper says his suggestions would amount to $8 more a month to the average household. One argument for keeping cash fares down, he said, is that "the cash fare is how our most vulnerable people travel."

The argument could also be made that while there are pitfalls to waiving fees entirely, flagging ridership could be boosted by cheaper fares, resulting in lower congestion from car traffic — and, in the long run, more revenue to fund transit."

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek, not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

When it comes to Gay-Straight Alliances, language matters

PAM KRAUSE
readers@metronews.ca

Language is important when discussing sexuality — and in a situation where we're trying to promote openness, being vague with the name of Gay-Straight Alliance clubs could backfire.

There have been a lot of conversations about GSAs in schools. Should they be mandatory, can schools opt out of them, and why are they necessary? Most recently, debate sprung up about what they should be called, with some schools in Alberta advocating for the term "diversity clubs."

Dropping terms such as gay, bisexual and lesbian further alienates an already marginalized group of teens by reinforcing the idea that different sexual orientations are something of which to be ashamed.

Gay-Straight Alliances (GSAs) have existed in North America since 1989 and are instrumental in creating a safer school environment. The clubs work specifically with LGBTQ youth, their allies and supportive teachers to create a safer space for teens, offering advocacy, support or education and awareness.

GSAs generally follow a guideline and there have been tool kits developed on what makes a GSA.

Decades of research and practice have given schools a recipe for ensuring a GSA can impact school culture in a positive way for all students.

It is critical that GSAs exist as a separate club devoted to LGBTQ culture. If we were to call these groups "diversity" clubs — a term that is vague and could suggest diversity of gender, ethnicity or ability — we'd be overlooking the unique experiences of what it means to be an LGBTQ youth.

And those experiences are indeed unique. In 2009, a Canadian Study by the human rights charity Egale found that three-quarters of LGB students and 95 per cent of transgender students felt unsafe at school, compared to only 20 per cent of straight students. GSAs have been instrumental in improving those numbers for LGBTQ teens. Research shows that the existence of GSAs in schools reduces the fear of discrimination among LGBTQ students, that there is less homophobic language in school hallways. More LGBTQ youth in GSA schools report knowing a teacher with whom they can talk safely.

Because these clubs are so important in promoting a feeling of inclusiveness for LGBTQ teens, and in promoting a sense of dialogue and understanding within the school community, we need to take them seriously.

We need to focus on building acceptance, and not simply settling for tolerance in our communities. Building safe communities for LGBTQ youth through healthy, open and honest Gay-Straight Alliance clubs is an important place to start. Beginning with their names. Because language matters.

Pam Krause is the president and CEO of the Calgary Sexual Health Centre

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Gisele Bundchen is reportedly not happy about husband Tom Brady's plans to get into acting, as she wants him all to herself. GETTY IMAGES

Gisele's not ready to let Hollywood have Tom

Hey Tom Brady, you were just named the NFL's Super Bowl MVP. What are you going to do now? Head for Hollywood, apparently. According to the fine, reputable folks at Star magazine, Brady is reportedly mulling over an acting career once he retires from football because why not? "At 37, Tom knows he only has a few seasons left before retirement. He's thinking ahead and believes he could become a huge movie star," a source says. "He's used to being a superstar. After winning the Super Bowl again, he's thinking about new challenges outside of football." Only one problem, though. His wife, Gisele Bundchen, is said to be not so hot on the idea, if only because of him potentially spending time on screen with attractive female co-stars. But let's not get ahead of ourselves, right?

Benji shows off his smudgy new tattoo. INSTAGRAM/BENJAMINMADDEN

With this tattoo, I thee wed

Nothing says "I love you" like getting a woman's name tattooed somewhere on your body, right? At least that's the thinking of Benji Madden, who had wife Cameron Diaz's name emblazoned across his chest as a sign of his devotion. To be fair, though, Madden is already so tatted up that the new addition is kind of tough to make out amid all the other inky noise. Still, how romantic? I guess?

Kylie and Tyga are more off than on

Tough breaks for Kylie Jenner. The 17-year-old reality personality has been "crying all week" over the state of her relationship with 25-year-old rapper Tyga, according to Radar Online. "She is afraid that Tyga is going to break up with her," a source explains.

And with good reason, I'd imagine, since Tyga himself said they aren't dating. And he's apparently been getting pressure from his management team to keep his distance from Jenner, which may or may not have something to do with the stink Amber Rose was raising about the pairing last week. "Tyga's advisers have told him to not be spotted out in public with Kylie doing anything romantic, including holding hands, or kissing," the source says.

"Tyga has tried to reassure Kylie that they are solid, but she has her doubts." And now I'm off to feel terrible about myself for spending this much time focusing on the dating life of a 17-year-old. Toodles!

Kylie Jenner
GETTY IMAGES

Duff's divorce is proceeding at a snail's pace

Hilary Duff has finally filed for divorce from hockey player Mike Comrie a year after they initially announced their separation. And if that doesn't seem like a long enough time to get the paperwork in order, on the filing itself Duff lists their actual date of separation as January 2013, according to TMZ. But hey, you have to be methodical in these things, right? Duff cites the old standby, "irreconcilable differences," for the split, and she's looking to make sure he doesn't get any piece of her finances or earnings, since they reportedly have a prenup. You'd think that would've helped speed things along, though.

Hilary Duff GETTY IMAGES

2 SCENE

GETTY IMAGES

Best breakup-inspired albums

On March 16, Björk will release the physical version of Vulnicura, the album that leaked to the Internet in late January and became available on iTunes shortly thereafter. In nine new tracks, the Icelandic artist explores the consequences of the end of a relationship — specifically, hers with contemporary artist Matthew Barney. To mark the occasion, here's a selection of some of the most notable breakup-inspired albums from recent music history. AFP

The Visitors by Abba

Even in the land of Abba, with its peppy beats and optimistic lyrics, breaking up is hard to do. The Visitors, released in 1981, is the iconic Swedish band's eighth and final album, and the one that represents the collapse of the group. Benny and Frida had already announced their divorce when the band went into the studio, as had Agnetha and Björn. The breakup theme underscores the entire record and is particularly obvious in the track When All Is Said and Done.

Blood on the Tracks by Bob Dylan

Dylan wrote this album, released in 1975, after the breakdown of his marriage to Sara Lownds, his companion of a decade. While the divorce sent the singer-songwriter into a deep depression, it was arguably instrumental in bringing the world such classics as Tangled Up in Blue and You're Gonna Make Me Lonesome When You Go.

21 by Adele

No one likes to hear it when they're going through it, but sometimes a breakup is a blessing in disguise. For proof, look no further than Adele, who wrote her second album, 21, after parting ways with her companion at the time. Who can say whether the separation was inevitable, but at any rate, the young singer's career skyrocketed after she became single. The album sold over 20 million copies worldwide and scored a few Grammy Awards, and Adele even went on to pick up an Oscar in the following year for her contribution to the Skyfall soundtrack.

For Emma, Forever Ago by Bon Iver

In 2007, a certain Emma left her boyfriend Justin Vernon, who decided to mend his broken heart in a cabin in the woods of Wisconsin. Three months later, he returned to civilization with his new music project, Bon Iver, and an album with nine tear-jerking tracks. For Emma, Forever Ago quickly found favour with indie music critics, and the track Skinny Love went on to reach an even larger audience thanks to a cover by the singer Birdy.

Life is Good by Nas

"I was your Johnny Depp, you was my Janis Joplin," Nas raps on Bye Baby, a track from his 2012 album Life Is Good. The couplet is addressed to the rapper's ex-wife, the R&B singer Kelis, who had filed for divorce a few years earlier while pregnant. On the album cover, Nas holds her wedding dress across his lap and wears a dissatisfied expression, suggesting that life is not actually so good after all.

Vinyl history

The singular matter of the 1.5-inch hole

SOUND CHECK
Alan Cross
scene@metronews.ca

If you've ever purchased music on vinyl, I guarantee this question has crossed your mind: "Why is the hole in the middle of a seven-inch single so big?" The answer is fascinating.

For 50 years, the maximum capacity of a record — the standard 10-inch 78 RPM single — was four minutes. Then in June 1948, Columbia Records introduced the 12-inch long-playing album — the LP — which spun at 33 1/3 RPM and had a capacity of about 20 minutes per side. It was now possible to fit an entire classical work on just two sides of a record.

Columbia offered to license this technology to other record labels. But RCA, their main rival, would have none of it. Annoyed that Columbia had exploited technology RCA had pioneered but abandoned back in the '30s, they came up with a new innovation: the seven-inch 45 RPM single. RCA's reasoning was that people were used to one song per side of a record. Why change now?

And then there was the matter of the hole.

The hole for Columbia's LP fit what had become the standard record player spindle size: about three-tenths of an inch. The 45's hole was a whopping 1.5 inches for two reasons. First, RCA was a manufacturer of record players. They saw an opportunity to create a new format that could only be played on RCA machines made with permanent six-inch tall spindles 1.5 inches in diameter.

Users could stack a half-dozen 45s above the platter. Once a record was over, the tonearm would swing away and the next 45 would drop into place. No more changing records every four minutes, which essentially equalled the listening experience offered by the LP.

But if a record was going to drop from a height of six inches to a platter rotating at 45 RPM, engineers knew it would be subjected to a substantial amount of torque, force that would soon wear a traditional-sized hole into an out-of-round shape, resulting in wobbly turns that would damage the record. The hole had to be bigger to evenly distribute the shock of a seven-inch going from 0 to 45 RPM almost instantly.

Of course, it was easy enough for non-RCA companies to make turntables that could run at 45 RPM. And to defeat the proprietary hole size? A little insert first manufactured by the Webster Chicago Company in 1950.

Nice try, RCA.

ISTOCK

Sleater-Kinney makes a surprise comeback

Earlier this month, when the three members of Sleater-Kinney took the stage together for their first full show in almost a decade, singer and guitarist Corin Tucker felt overwhelmed.

"The physicality of it was very intense," she says. "It's a very physical thing to do Sleater-Kinney." The band, which also consists of guitarist and singer Carrie Brownstein and drummer Janet Weiss, went on hiatus after their 2005 album, The Woods. Tucker concentrated on family life and a solo project called The Corin Tucker Band while Brownstein and Weiss played in the band Wild Flag. We talked to Tucker about reviving the iconic group. They play Toronto in March, and in Vancouver in May.

Sleater-Kinney BRIGITTE SIRE

Tell me about the secrecy involved in this reunion.

We weren't that secretive about it. We would tell people what was going on, when asked, and it was a "Just between you and me, this is what's going on" thing, so we told probably about 200 people, including Sub Pop, everybody there knew for a while what was going on. It's surprising to me that it didn't get out more than it did.

One of the most riveting things to watch onstage with Sleater-Kinney was always the almost telepathic communication between band members.

Yeah, I mean, there definitely is that chemistry, and I think just in the four shows that we've done, there's already been a lot of that going on. I think the first show was almost like a little bit shocking to be a band again, in a good way!

PAT HEALY/METRO IN NEW YORK CITY

Followup

Lorde to start work on second album

In a visit to Australian radio station Triple J, Lorde collaborator Joel Little revealed the pop singer is set to return to the studio next month to work on the followup to Pure Heroine.

A fellow New Zealander, Little was heavily involved with writing and producing Lorde's debut 2013 album, and the two have continued to collaborate since. They earned a Grammy Award for Song of the Year for the Pure Heroine single Royals.

When asked how soon a second album might be expected, Little answered: "Really soon. Within the next month or so we'll be in the studio." AFP

Lorde GETTY IMAGES

Skin care from the inside out

Besides treating your skin gently by taking shorter showers and moisturizing, you could be doing more to keep it looking and feeling healthy during winter and beyond. Cut out as much sugar as possible because it makes you age faster by interfering with collagen production. Keep green tea handy since it's packed with catechins that boost blood flow. And add these foods to keep your cheeks rosy.

EVA KIS
Metro in NYC

Dark chocolate

Is there anything cocoa can't cure? Opt for dark chocolate that's at least 70 per cent cacao — a German study found that the high concentration of flavanols helps thicken skin and boost hydration.

Olive oil

Whether it's the polyphenols keeping free radicals at bay or monounsaturated fatty acids lubricating skin from the inside out, a 2012 study found that women who ate more than two teaspoons a day showed 30 per cent fewer signs of aging. Look for the cold-pressed and extra virgin kind, which doesn't lose nutrients during processing.

Sardines

Give these little fish a try. Their omega-3 content is similar to salmon, and those healthy fatty acids are working to keep skin supple by supporting elasticity.

Fill your basket with these foods to incorporate into a skin-care routine. ISTOCK

Kiwi

They're packed with nearly twice as much vitamin C, pound for pound, as oranges, a vitamin that boosts collagen production, firms your skin and reduces dryness.

Sunflower seeds

A teaspoonful on your salad is enough to get about a third of your daily vitamin E (which should already be part of your skin care routine). It also has zinc. Both nutrients strengthen cell membranes for a smoother complexion.

Kale

As if kale needed another thing to add to its resumé. For your skin, it contains the powerful antioxidants lutein and zeaxanthin that eliminate free radicals. Bonus: Kale also contains vitamin C.

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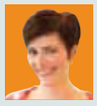
Health check

Learn about what's on those labels



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Was your New Year's resolution to read labels more vigilantly? Didn't think so, but it could be one key thing standing between you and your health.

Studies show that knowing which package is better for you does influence your purchase.

Of course, if you are buying fresh fruits and vegetables, you don't need a label because there isn't one thing in that section that is unhealthy.

The tricky bit is the time it takes to compare products while standing in the aisle.

But there are shortcuts:

• Look only at the ingredient list. It should be very short and contain only whole foods

• The per cent daily value of sodium represents your maximum for the day, so each snack food should be less than 15 per cent per serving.

• The less sugar the better, no matter the source (including fruit!)

• Whole frozen meals should represent less than 500 calories per serving and you should be careful to only have the specified serving size

Be sure that you are filling at least half of every plate with items from the fresh produce aisle and you can't go wrong.

Snack foods should be less than 15 per cent of your daily value of sodium per serving. ISTOCK

Take comfort in these tasty low-cal cheater cabbage rolls

Casseroles. This is one recipe where cutting corners yields some great results

This recipe serves 10. TERESA ALBERT

Comfort food casseroles used to take too much time and cost too much in terms of calories, but with a few smart shortcuts, they can be your weeknight secret.

In these rolls, I used PC instant brown rice, which saved me 40 minutes and layered the cabbage rather than roll each individual one.

Directions

1. Bring broth and water to boil in a very large pot. Cut core from cabbage centre and drop, cut part facing down into broth.

Allow the liquid to return to the boil to loosen and soften leaves.

2. Remove cabbage from liquid and peel off 12 large leaves of cabbage.

3. Add rice to the broth, cover and simmer for 10 minutes. Stir in Italian seasoning and garlic powder.

Empty into a large bowl and set aside.

4. In the same pot, cook grated onions and carrots in a little oil until soft and add to rice bowl.

5. Use the same pot to cook ground beef in 1/2 cup water until fully boiling and cooked through.

Pour off all water and fat through strainer and add to the rice pot. Next, add half a jar of tomato sauce to the rice.

6. Roll cabbage leaves lengthwise and cut across the grain to make strips and lay half into the bottom of a casserole dish.

7. Top with rice and beef mixture. Top with remaining chopped cabbage leaves and remaining tomato sauce.

(Can be stored in the fridge up to 2 days at this stage).

8. Cover with foil and bake 375 degrees for 20 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 2 cups beef broth
- 1/2 cup water
- 1 head Savoy cabbage
- 2 cups instant brown rice
- 1 tbsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp extra virgin olive oil
- 2 onions, grated
- 2 carrots, grated
- 1 tsp grapeseed oil
- 1 lb ground beef medium
- 1 jar tomato sauce

Try roasting your cabbage for a sweet and savoury treat

Cabbage is full of vitamins, as well as calcium and iron. And 1 cup of it has only about 20 calories, so you can load it onto your plate. Roasting cabbage brings out its sweetness, as well as a delicious earthiness. Pair it with some aromatics like onion, shallot or garlic and a hearty spice, then you've got a dish that is downright tasty.

Directions

1. Heat the oven to 400 F. Line a rimmed baking sheet with foil.

2. Cut the cabbage into quarters, then cut out the thick stem and core from each piece and discard.

Slice each quarter into 4 wedges for a total of 16 pieces.

3. In a large bowl, combine the cabbage wedges with the onion and apples, then drizzle with the olive oil and toss gently to coat.

Sprinkle the curry powder over everything, coating all sides of the cabbage mixture.

Season with salt and pepper. Transfer the mixture to the prepared baking sheet. Bake until tender and all sides are golden, about 20 minutes, turning halfway through.

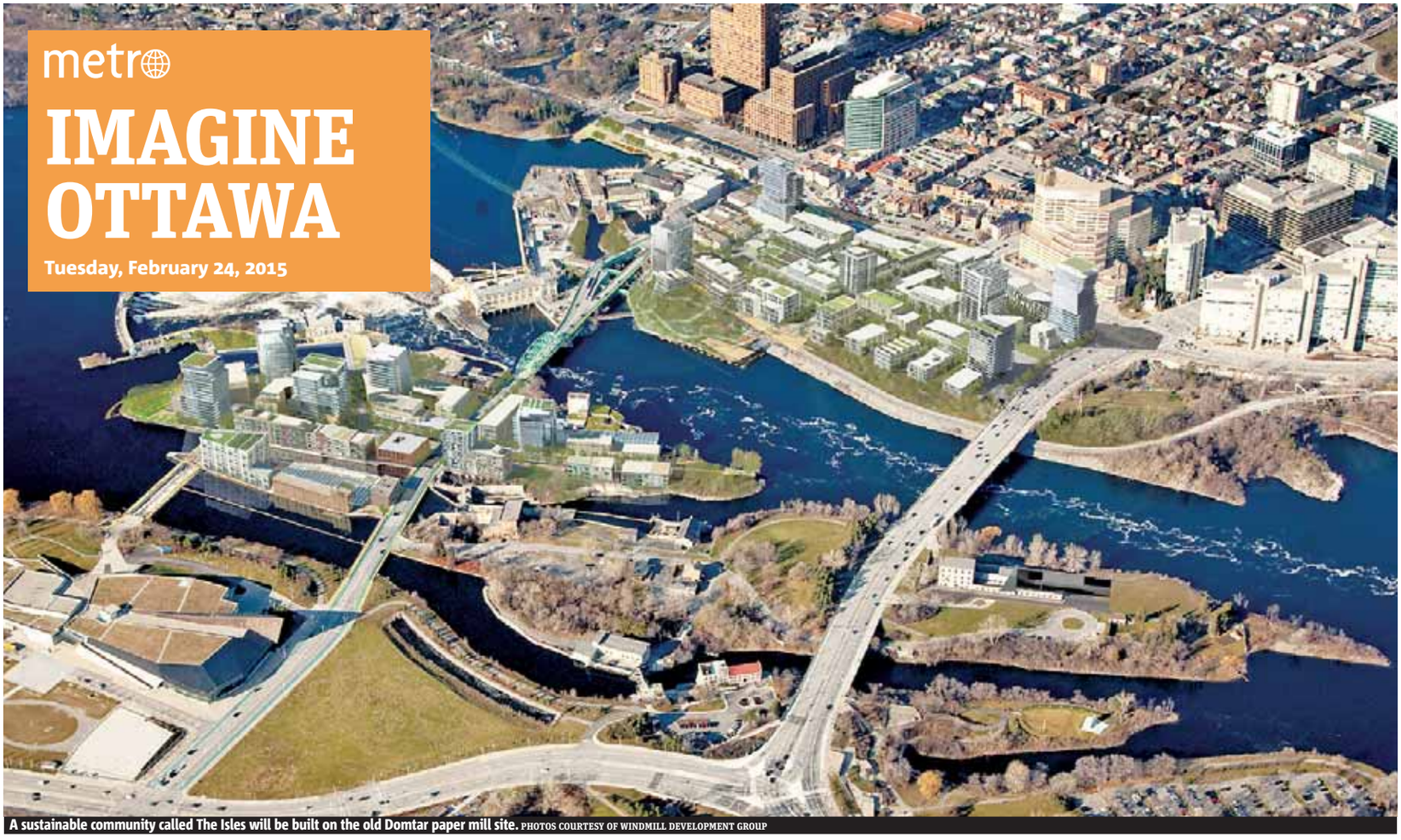
4. Sprinkle the currants and almonds over the cabbage, then toss lightly to mix. Serve with lemon wedges.

THE ASSOCIATED PRESS

Ingredients

- 1 medium head green cabbage
- 1 yellow onion, sliced into thick wedges
- 2 Granny Smith apples, peeled and sliced into 8 wedges each
- 2 tbsp olive oil
- 1 tbsp curry powder, hot or mild
- Kosher salt and ground black pepper
- 1/4 cup currants
- 1/4 cup toasted almond slivers
- Lemon wedges, to serve

This curried roasted cabbage recipe serves four. THE ASSOCIATED PRESS



A sustainable community called The Isles will be built on the old Domtar paper mill site. PHOTOS COURTESY OF WINDMILL DEVELOPMENT GROUP

Gates to open on old paper mill site

Development. Site shared with Ottawa and Gatineau is fully-serviced with lots of potential

JEN TRAPLIN
For Metro

Construction is set to begin at the end of this year on the highly anticipated new Windmill development on the old Domtar paper mill site on the Ottawa River.

The company plans to build a sustainable community there — The Isles — but the project is more complex than the average new development, based simply on where the land is located.

"It's half in Ottawa, half in Gatineau, the National Capital Commission is involved, so it's complicated, for sure," says Rodney Wilts, Windmill Development Partner.

"This is a beautiful spot, in the heart of the National Capital Region that's been fenced off, behind barbed wire, no public access, a contaminated site. So I think, generally, people are enthusiastic to see something happen there — that the gates be opened up and people will be given the opportunity for public access."

The Isles will be a mixed-use community, combining retail, commercial and residential spaces, as well as parks, plazas and community space.

"The intent is to create as wide a diversity of uses as possible," says Wilts.

There will be condos available for purchase on both sides of the provincial border and the plan is for The Isles to be a sustainability showpiece.

"In terms of finding opportunities to grow the city, this is one of those spots where it's underutilized but it's fully serviced," Wilts says.

"There is great transit access that's right there, everything is there that allows for easy growth in the city and create a place where people don't have to rely on their car."

Transit to the airport a maybe

LRT future. Price is up in the air for project and full study will be presented mid-year

STEVE COLLINS
For Metro

This rendering of a Confederation Line rail station gives a glimpse into Ottawa's LRT future — which currently doesn't include a link to the Ottawa Airport.
PHOTO COURTESY CITY OF OTTAWA

Ottawa is in the midst of a transit building boom, but light rail service to Macdonald-Cartier International Airport remains a maybe at best.

The downtown-spanning Confederation line, which will connect Tunney's Pasture in the West and Blair Station in the east by light rail, is under construction and expected to go online in 2018.

A $2.48-billion second phase, expanding LRT south, east and west, is scheduled for 2023, but that depends on securing funding from the provincial and federal governments, and the current southern map stops short of the airport.

"Currently there is no funding identified for the airport link and it is not included in the Stage 2 rail plan," said Vivi Chi, manager of transportation planning in the city's planning and growth management department.

"The Environmental Assessment for the Trillium Line, which is underway, includes the examination of a possible future spur line to the airport. The reason for this is to ensure that the corridor is aligned with the Airport Authority's redevelopment plans, and that service on a possible future spur line is compatible with the operation of the main Trillium Line."

When council approved its Transportation Master Plan in 2013, Mayor Jim Watson said he was open to negotiations with the Airport Authority, with two conditions: "One, whatever is proposed is not going to slow down the day-to-day commuter travel that the line is primarily designed for, and secondly that any cost increments are born by the airport," he said.

And as it stands, that price tag is unknown.

"Costs are being developed and the full study is expected to be presented to Transportation Committee by midyear," Chi explained. "After this study is approved by Council, the City will assist the Airport Authority with its plans to identify potential partners to fund its implementation."

In the meantime, the 97 bus is the only public transit alternative on an Airport Parkway full of taxis and private automobiles. The city has begun public consultations on plans to relieve congestion by twinning the Parkway between Brookfield Road and the airport and Lester Road from the Parkway to Bank Street.

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Areas close to city core next in line for gentrification

The desirability and character of a city district can shift from decade to decade. Some areas, like Rockcliffe, New Edinburgh or The Glebe, maintain their stature. But there was a time when even the mighty Westboro was considered a little rough.

Remax realtor Ken MacGowan says he believes it was a commercial commitment that enticed families to the neighbourhood and turned Westboro around.

"When I started in real estate in the 1990s most of us thought that Westboro and Hintonburgh were pretty sketchy, motorcycle gangs and that sort of thing," recalls Macgowan.

"I think Mountain Equipment Coop moving to Westboro and the Loblaws made a huge difference."

Now older homes are being snapped up and remodelled at a dizzying pace. If you can't afford a piece of heaven in Hintonburg where is the next "it" neighbourhood going to be?

MacGowan says you have to look a little east.

"Vanier is very hot right now, at least the bit on the edge of New Edinburgh. It's been 'up and coming' for a long time but if you walk around now you see a lot more young families."

Dash Read, a sales representative with Royal Lepage, says young families are key for property values and a sense of community.

"Neighbourhoods change when young families move in," says Read. "There's a bit of infill development and that affects the neighbourhood big time."

Areas on the up and up … eventually

- Vanier (Beechwood Village)
- Overbrook (up and coming affordable homes)
- Woodroffe (easy access to downtown)
- Montreal Road (main boulevard with revamp potential, houses with character)
- Bells Corners (big lots, tall trees)

OONA WOODS/FOR METRO

Vanier charm

QV BIA. Group focusing on beautifying main streets, increase safety and promoting the area

JEN TRAPLIN
For Metro

Though it may have a reputation for having a bit of a seedy underbelly, Vanier has slowly been reinventing itself as a safe, vibrant and accessible place to live and do business.

"You can tell it's just on the cusp of something really great," says Quartier Vanier BIA (QV BIA) executive director Jamie Kwong.

One of her priorities as the new head of the BIA is the beautification of the area's three main streets — Beechwood Avenue, Montreal Road and McArthur Avenue.

"One of the things I want to do is make those streets more walkable, more pedestrian friendly. We want to encourage people to leave their car behind, stop in and visit the local eateries," says Kwong.

To achieve that, the BIA is increasing lighting on those streets, as well as adding extra benches and garbage receptacles.

The group is also working with Ottawa Police to increase the overall safety in the neighbourhood.

"We've been working with the police to create a safer area and that's everything from working with merchants to help them audit their business to see how they can reduce crime to their business — like break-ins, vandalism, things like that — but also doing things that promote the positive things that happen in Vanier," says Kwong, adding the area is going through its own renaissance, much like Hintonburg has.

"We already sense that change," she says.

"It's not going to be a Westboro, it's not going to be a Glebe, it's going to be its own thing and have its own feel but it's following that same process of development and that's what people are noticing."

To read more about the QV BIA's initiatives, visit vanierbia.com.

Part of the QV BIA's beautification strategy involves bringing in an arborist to add a dash of green to the area. COURTESY QV BIA

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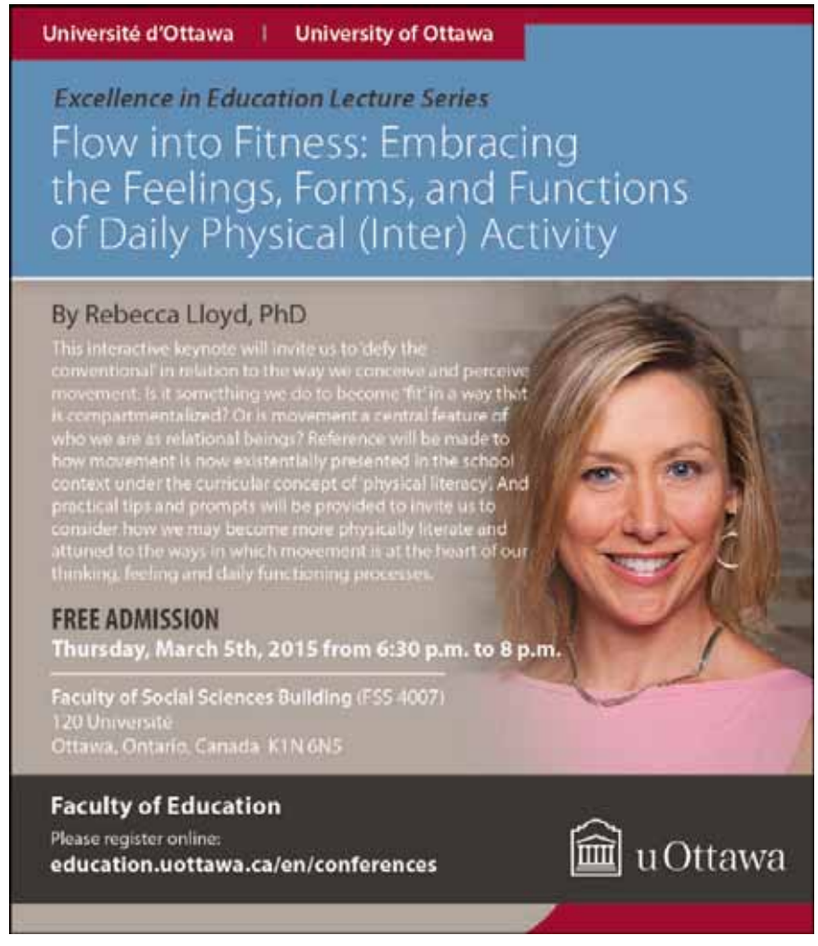
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Sparks Street as viewed from the Elgin Street entrance. COURTESY SPARKS LIVE

Putting the spark back in Sparks Street

Historical. Boulevard is home to government buildings, but more businesses moving in

OONA WOODS
For Metro

Sparks Street features prominently in the capital's culture and history, from its first swath through founder Nicholas Spark's forest to the old stone buildings that line the road to the site of the assassination of Darcy McGee.

In 1967, cars were banned from Elgin to Lyon, which made it the perfect boulevard for tossing coins in a fountain or ambling by an eclectic mix of cafés, clubs, art galleries and boho boutiques.

But dreams of a Euro-styled gathering place for tourists and locals are only half realized as storefronts sit empty, some windows are papered over and the crowds stroll elsewhere after 5 p.m.

The potential for Sparks Street manifests during annual celebrations like Buskerfest, Poutinefest, Ribfest and the Latin Sparks Festival. New Year's Eve also brought people out in thousands to ring in 2015 downtown.

Brixton's bar manager Julie McCarthy said the street does a good job of catering to the daytime crowd. "But it's hard to compete with the Byward Market for nightlife. We do get a lot of tourists in the summer."

Les Gagne, the former executive director of the Sparks Street BIA, said the main stumbling block for a bustling boulevard is the amount of buildings owned by the federal government's Public Works that are undergoing renovations.

"Did you notice all the store fronts empty ... Parliament Pub, Morgante's, L'Ange, on the north side of the street?" asked Gagne. "They have been shut down or relocated because the buildings are in need of massive repair ... Hence the nice brown paper in all of the windows. (It's) a real business-and-traffic killer for Sparks Street."

Some of the difficulty in managing Sparks Street is that responsibility lies across a number of organizations. While Public Works owns the north side, the south is managed by The National Capital Commission. Other stakeholders include the City of Ottawa, the Sparks Street BIA and the Sparks Street Mall Authority.

The area is also reeling from the loss of thousands of downtown government jobs due to cuts.

But there is some hope with new businesses moving into the area including the Farm Team Cookhouse and Cellar, Nate's Deli and Carmichaels all scheduled to join the recently opened Bier Markt on Sparks this year.

Growth. Can Westboro keep its charm?

Typical scene in Westboro: A development presentation centre stands next to an unoccupied storefront. OONA WOODS/FOR METRO

At any one time, there are 10 different developments in Westboro seeking approval from the Ontario Municipal Board. Some are putting up nine-storey condos but most are asking for permission to subdivide lots or demolish homes and replace them with infill duplexes and triplexes.

The rapid pace of infill development in Westboro lines up with the City of Ottawa's mandate to encourage intensification and avoid suburban sprawl. But is all this activity diluting the boutique atmosphere of Westboro?

Local Marcie Mycan lived in Germany for three years and didn't recognize her home when she returned last fall.

"I nearly got lost driving around it was all so different," she recalled. "The condos by the old convent are so tall it's like driving down a canyon. It's all about developers. One morning I went out for the day and when I returned (to her Broadview neighbourhood) the house behind us was gone. It was levelled."

OONA WOODS/FOR METRO

9.3 hectares of the prime location on LeBreton Flats is up for development with a further 12.1 on the table as a a further option.. COURTESY NCC

Significant development set to round out LeBreton Flats

Construction. Who gets to redevelop LeBreton Flats comes down to four

OONA WOODS
For Metro

The four contenders in the National Capital Commission's bid process to redevelop LeBreton Flats are taking on the largest development site in downtown Ottawa. The barren 9.3 hectare site is close to Parliament Hill, the Ottawa River and future Light Rail stations, and its redevelopment has been a long time coming.

According to NCC historical documents, the Flats were purchased by speculative army captain John LeBreton in 1820 but the business community didn't engage with him as he had hoped and development was slow.

Wooden buildings eventually emerged during the 19th century and the proximity to the river meant the Flats were used for housing and businesses supporting the logging industry. A fire levelled the area in 1900 and six decades later the government purchased and cleared the land to make way for federal offices. Inertia about contaminated soil and land use held development at bay for many years.

NCC Board member Kay Stanley says now the time is right.

"The first stage is developed," explains Stanley, referring to the War Museum and riverside trails. "The contaminated soil has been removed … without a doubt it is the most important legacy pro-gram the NCC will contribute to the National Capital Region.

NCC Senior Manager of Communications Jean Wolff agrees.

"It will feature prominently in the future of Canada," he says. "It is a five minute jog or a 10 minute walk to Parliament Hill, it's waterfront, and it is a rare, open, downtown area that is undeveloped. Because of all that it is bound to be exciting and it is bound to be an important and significant part of the city."

All four shortlisted projects feature green space and a mix of residential and commercial devel-opment along with an anchor property. Claridge Homes is offering an indoor/outdor concert facility, Devcore's proposal offers a multiple cultural institutions, Focus Equities promises the HQ of an unnamed international organization along with cultural venues. Finally Rendevous LeBreton, the group behind the Ottawa Senators, are hoping to move their Kanata-home-base to a new arena downtown.

Each of the proponents has been asked to keep their plans quiet for now. They have a $75,000 grant to further develop their ideas and the public will be able to see each plan in early 2016.

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The past celebrated by Lost Ottawa group

Times are a changin'. Facebook users posting pictures to remember the city as it was

JEN TRAPLIN
For Metro

With construction continuing on LRT, the recent approval of plans to construct the tallest building in Ottawa, the redevelopment of Lansdowne and a host of other changes and upgrades around town, it's clear that the city is constantly evolving.

While many embrace the changes, an online community of thousands is keen on celebrating the way things used to be.

Lost Ottawa, a Facebook community devoted to historic images of the city, was launched by Canada Science and Technology Museum archivist David McGee two years ago.

It now boasts more than 20,000 members.

"When you do the kind of work that I do for Lost Ottawa and you look at all these photos from one century to another, what you realize is the city changes and it changes rapidly and it changes more rapidly than anyone really is comfortable with," said McGee.

Recently, McGee says, more and more members of the Lost Ottawa community have been posting their own historical pictures of the city — everything from old family photos to advertisements and newspaper clippings.

"I'm very proud of that aspect of Lost Ottawa," McGee admits, "that we've built the kind of space where people feel free and comfortable to communicate what they have to say or feel about something they see and to even have this cross communication between the people."

McGee believes people who are part of the Lost Ottawa community also have a different sense of what is history compared to what he, a professional historian, does.

"I feel that, for a lot of people, their version of the city is that the city is the sum total of all the buildings and all of the experiences of the people in it and that's their version and therefore, by participating in an event 20 years ago, they were contributing to the experience and the building of the city," he explains.

"I think this validates an ordinary person's role in the history of the city," said McGee.

Rideau Street, looking west toward Confederation Square, in the 1940s.
COURTESY CANADA SCIENCE AND TECHNOLOGY MUSEUM

Artist's rendering of the $360-million Rideau Centre expansion depicts a spruced up Rideau Street. CONTRIBUTED

Malls seeing expansion

The Rideau Centre, Ottawa's downtown shopping hub, is undergoing a massive renovation at a cost of $360-million to update its look and increase space. In the west end, Bayshore shopping centre has spent $200-million to add more than 31,000 square metres of space. Over on the east side, St. Laurent shopping centre has spent $25-million on a 'refresh.' And out in the far west, the recently opened $115-million Tanger Outlets has already announced plans to expand.
OONA WOODS/FOR METRO

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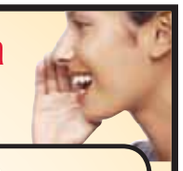

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Evenings: 6 pm to 9 pm (6 Levels)
NEW! Saturdays: 9 am to noon

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National Arts Centre getting a makeover

Building renovation. Glass atrium and front door will be more inviting to visitors in 2017

The new Elgin Street entrance to the NAC, designed by Don Schmitt and Jennifer Mallard. COURTESY THE NAC

JEN TRAPLIN
For Metro

The National Arts Centre (NAC) is about to undergo a $110-million makeover, courtesy of the federal government.

Former Foreign Affairs Minister and Ottawa-area MP John Baird, along with Heritage Minister Shelly Glover, announced the funding late last year, with the work scheduled to be finished in time for Canada's 150th anniversary.

"It's going to completely transform this building," says Rosemary Thompson, the NAC's director of communications and public affairs.

"While we love the current design, we really wanted to create something that would engage Canadians and we wanted to reorient the building so that it would embrace Confederation Square. Through this new design of a glass atrium and a new entrance, we're now going to see the Capital from the NAC. It's a very exciting transformation to the building."

Thompson says the changes will make the NAC a much friendlier building to enter. For starters, the entrance will be moved to Elgin Street, which is now technically the back of the building.

"A lot of people find it hard to find the front door of the NAC because it's tucked in down by the Canal. That was done on purpose back in the 60s because there had been an idea that they were going to create a lagoon in the Canal but that development never happened," Thompson explains.

Construction will start in June, 2016 and will wrap up by Canada Day in 2017.

In addition to a new, beautiful glass atrium entrance on Elgin Street, Thompson says the upgrade will also include a number of new additions to the NAC.

"We're hoping to have fun, hip cafes and lounge areas that will be magnificent with a great view of the Capital and we're probably going to move some of the Box Office closer to Elgin Street so, if you wanted to get a quick ticket, you could get one right there."

Music. Up-and-comers

It's safe to say musicians like Alanis Morisette, A Tribe Called Red, Kathleen Edwards and Hollerado have put Ottawa's music scene on the map and now a new generation of up-and-comers are starting to make waves locally, nationally and internationally.

If you don't know these bands, it's time to get acquainted — these are some of the Ottawa musicians to watch in 2015.

The Red Rails played 20 shows in six provinces during their eastern Canada tour last year. COURTESY RAVENSTONE PRODUCTIONS

Steve Adamyk Band Fresh off a performance at the new MEGAPHONO festival and being named one of Canada's best punk bands by the CBC, the Steve Adamyk Band is gearing up for a huge year. They will be announcing tour dates shortly, which will include a string of European shows. steveadamykband.com

Big Dick Big Dick is a two-piece punk band (with a hilariously naughty name) that features dueling vocals, drums and bass. Their new LP, Disappointment, will be released on February 24 via Dirt Cult Records. big-dick.bandcamp.com

The Red Rails If last year's upward trajectory is any indicator as to what to expect from The Red Rails this year, 2015 is going to be a big year for the Ottawa rockers. They performed at Ottawa Bluesfest last summer and toured eastern Canada extensively, including 20 dates in six provinces. theredrails.com

PINE PINE is a brand new, female-fronted emo, indie-rock band that's already generating buzz around town. They just released their first three-song demo, You Bury Me. 613PINE.bandcamp.com

Weird With Cats This local folk-rock band just played their first show in nine months. Weird With Cats formed in 2011. Both of their EPs, the band's debut What She Wants Me To See and follow-up Yah Ra Hooray, are available to download for free. weirdwithcats.bandcamp.com

Crusades This four-piece is made up of members of defunct, local punk bands and describe themselves as "distinctly anti-Christian and pro-human." Last year, Alternative Press included Crusades in its 100 Bands You To Know issue. crusades666.tumblr.com

Old Rules Drawing inspiration from Nirvana, Alice in Chains, Jimmy Eat World, Foo Fighters and Taking Back Sunday, just to name a few, Old Rules is a new school grunge band that just released their latest EP, Twitch, the first of a three-EP series. oldrules.com JEN TRAPLIN/FOR METRO

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Champions acquire RHP Nick Purdy from Les Aigles de Trois-Rivières. PHOTOS COURTESY OTTAWA CHAMPIONS

The Miracle League of Ottawa mascot Homere strolls through the new home of the Ottawa Champions.

Pro sports on a roll in the capital

Ballin'. Teams ready to play this season, except a professional basketball team

OONA WOODS
For Metro

Ottawa sports fans might have more memorabilia than most, but there is no sign of holding it at bay as more pro-sports teams continue to pop up in the capital.

CFL football and soccer in the city seem to be off to a good start at Lansdowne Park and TD Place under the auspices of the Ottawa Sports and Entertainment Group.

And the field is filling as smaller independent players in the market bring teams to town.

The boys of summer are back with the Ottawa Champions winding up for their first season. Baseball in Ottawa has taken many forms over the years from Fat Cats to the Lynx, Nationals, Braves, Rapidz, and even the Ottawa Senators at one point.

The new pedestrian bridge should make it easier for fans to get to the Coventry Road baseball stadium but TSN 1200 sportscaster Lee Versage says the real key to success lies in promotions.

"Teams have tried and failed before so I am eager to see what the new strategies will be," he said.

"People will go watch a game on a Saturday or Sunday but the parking has to be easy, the concessions have to be cheap, there has to be fun things to do before, during and after for kids but also for others."

Over on the hardcourt, the fledgling basketball team Ottawa Skyhawks was bounced from the National Basketball League of Canada after it ran into financial trouble. But when NBL Canada announced the one-year-old team's demise it said it was "100 per cent committed to facilitate the return of professional basketball in Ottawa, as soon as next season."

Which is 2015.

Versage says promoters will have to think carefully about how they present b-ball here.

"As far as basketball is concerned they have to find a place to play … The Canadian Tire Centre is really big and it is cavernous without a crowd. The Skyhawks found that. Basketball here needs somewhere that seats two to three thousand to get it full and rocking."

But location isn't the only things making it hard to run basketball in the city.

"You have the two best university teams in the CIS here," explains Versage.

"How are you going to prove to people that these players they don't know are going to be better than the university teams?"

Versage hopes any new additions to pro-sports can find success.

"The more sport in this city the better," he said.

Spots for hill training

- Whatever happens with local teams Ottawa has some big games on the horizon. The FIFA Women's World Cup is coming in summer 2015 and the Brier Cup has been confirmed in 2016 along with curling's pre-Olympic event the War of the Rings. Also possible is an Outdoor NHL game to celebrate 150th anniversary of Canada in 2017 and the 100th Anniversary of the Memorial Cup.

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Winter. Ottawa, on a run

With so many races taking place in the spring and summer, Ottawa runners have no choice but to lace up through the cold, winter months to ensure proper training.

Few, though, have more kilometres logged on our slippery streets than Rick Hellard, the owner of triathlon coaching service Zone3sports. He has competed in races all over the world, in everything from Olympic distance to the Ironman. When it comes to winter running, Hellard said there's no place like home.

"I think Ottawa is one of the best cities in the winter for running," he admitted, adding the Rideau Canal is the place to run in the Capital.

"It's so well taken care of by the NCC and you don't have to worry about traffic lights or cars. It's all along the pathway so you can really get some nice running along there. When the pathways aren't that great, the Canal itself is one of the quickest cleared so, running along the edge of the ice, along the snow path where the vehicles drive, often proves to be even nicer and quieter and has good footing."

A lone runner runs on the pathway along the Rideau Canal Skateway on a cold, Ottawa afternoon. JEN TRAPLIN/FOR METRO

The key to winter running in the Capital, Hellard says, is to embrace the cold — buy the right clothing so you can mix and match, depending on the weather that day and don't let the forecast psych you out.

"You get used to how to dress and what to wear and how to run in different kinds of weather and you'll often find that it's not nearly as bad as you think once you get out there," he said.

JEN TRAPLIN/FOR METRO

NHL

Montador donated brain to research

Before concussions were a hot-button topic in hockey, Steve Montador knew all about the impact of head injuries. Five years ago, while he was still playing in the NHL, Montador committed to donating his brain to future research.

Dr. Charles Tator of the University of Toronto told that story at Montador's memorial service Saturday in Mississauga, Ont. It's one final showing of generosity that many of his friends and former teammates didn't know about.

"He didn't know when it was going to be, but when it did happen he wanted to donate his brain," former Calgary Flames teammate Craig Conroy said.

Montador died Feb. 15 at the age of 35.

THE CANADIAN PRESS

NBA

Bosh nears release from hospital

The Miami Heat say all-star forward Chris Bosh continues to improve and will leave a South Florida hospital soon.

Bosh has been hospitalized since last week because blood clots were found on a lung. He will not return to play this season.

Heat coach Erik Spoelstra said Monday that Bosh will be released soon, though he has not been told an exact date.

THE ASSOCIATED PRESS

Cowen suspended 3 games for late hit

NHL. Sens blue-liner to miss games against Ducks, Kings, Sharks

"I'm trying to be a physical player out there and do my job," said Senators defenceman Jared Cowen, left. "If I don't do that, I'm not in the lineup. To do that, you've got to play on the edge." GETTY IMAGES FILE

Jared Cowen says he has no intention of changing his game despite being handed a three-game ban for his hit on Florida's Jussi Jokinen.

The suspension doled out by the NHL on Monday comes at a most unfortunate time for the Ottawa Senators as they head out on a five-game western road trip. They will be without the defenceman as they face Anaheim, Los Angeles and San Jose.

Cowen said he was surprised at the length of the suspension.

"I'm disappointed. Three games is a bit much," he said. "I'm trying to be a physical player out there and do my job. If I don't do that, I'm not in the lineup. To do that, you've got to play on the edge.

"That's what I was doing. I didn't hurt anyone and I didn't mean to hurt anyone. It's a bit over the top but there's nothing I can do about it."

The hit in question occurred at 4:38 of the second period of Ottawa's 4-1 home win over the Panthers on Saturday. Jokinen had skated into the Senators zone and completed a pass to a teammate when he was hit by Cowen.

In a video on the NHL website, the league said the lateness of the hit, plus the fact that Cowen's shoulder made contact with Jokinen's head, were factors in the suspension that will cost Cowen $113,414.64 US in salary.

Cowen said his two-game suspension for a hit on Buffalo's Zemgus Girgensons two years ago may also have come back to haunt him.

"Different season. I don't think it should be related but that's how they deal with it," he said. "There's nothing I can do about it. They have their way of going about things and that's just the way it is."

THE CANADIAN PRESS

Anderson returns

Goaltender Craig Anderson took part in a full practice Monday and will travel with the team.

- Anderson has been sidelined since taking a shot in the hand in a game against Toronto Jan. 21, resulting in a deep bone bruise that left him unable to hold his stick.

Senators' list of trade candidates a long one

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Fresh off back-to-back victories for the first time since Dec. 29-Jan. 3, the Ottawa Senators head out on a five-game road trip, which includes a swing through California, ending in Minnesota and Winnipeg. The team currently sits nine points out of the final wild-card position held by the Bruins with two games in hand.

To have a decent shot at a playoff berth, the Senators can only afford to lose six to seven of their final 25 matchups. That's a daunting task, considering the club is 2-6-1 the past five seasons in the Golden State.

Erik Condra
GETTY IMAGES

There lies general manager Bryan Murray's conundrum. Are the Senators buyers or sellers at the March 2 trade deadline?

It is widely known the club is searching for a top-six forward and possibly a second pairing defenceman to play behind Erik Karlsson and Marc Methot. Although the GM may surprise, moves of this magnitude are usually completed during the off-season.

For the time being, expect the Senators to attempt to deal a veteran or two and one from their blue-line.

Who may leave? The list of trade candidates is long.

Up front at least one of Erik Condra, Colin Greening, Milan Michalek and Chris Neil may have played their final home game.

Condra, a potential unrestricted free agent is the best bet to move. Condra easily fills a depth role with any playoff contender.

After scoring five goals in 12 games with Binghamton, Greening was recalled Sunday. Murray is hoping one of this week's Western opponents may take an interest in Greening, who is mired in a disappointing season.

With eight points in his last six games, Michalek is getting hot at the perfect time. However, with two years and $8 million remaining on his deal, Michalek may be a tough sell.

Murray intimated that he'd like to keep Neil, who is recovering from surgery to his broken thumb. However, if he receives an offer he can't refuse, who knows what Murray does?

Including an injured Chris Phillips, the Senators are carrying eight D-men since Methot's return Jan. 8. It's speculative, but it appears that Patrick Wiercioch is on the way out.

Scratched on 18 occasions, Wiercioch hasn't lived up to expectations. He has an offensive upside, which clubs may be hunting for, but for someone who is six foot five, he doesn't play physical.

While Murray says his phone isn't ringing, you can be certain the wily 72-year-old isn't playing his hand.

+/- shots

The Senators' SAT (shots + missed shots + blocked shots) league rankings in game situations:

- **When tied** - 15th, +42
- **When leading** - 19th, -156
- **When trailing** - 19th, +96
- **When game is within one goal** - 23rd, -73

4 SPORTS

Jays' Navarro firm on trade request

Blue Jays catchers Russell Martin, left, and Dioner Navarro get ready for batting practice in Dunedin, Fla., on Monday.
NATHAN DENETTE/THE CANADIAN PRESS

MLB. Projected backup catcher remains polite and professional to open spring training

Toronto Blue Jays catcher Dioner Navarro, facing an uncertain future with the arrival of Russell Martin, confirmed Monday that he wants out.

The 31-year-old from Venezuela said he had asked the American League team for a trade back in November when Martin was signed to an $82-million US, five-year contract.

Navarro says nothing has changed. He wants to go to a team where he can play every day.

He says he holds no grudges and will work hard the whole spring, hoping an opportunity comes his way. But he acknowledged he was frustrated and a little disappointed that nothing has happened yet in terms of a new home.

"I don't know when did it go wrong, if anything did go wrong," Navarro said of his time with Toronto. "I'm just going to be ready and do my job."

Navarro, who hit .274 with 12 home runs and 59 runs batted in last season, faces being a designated hitter and backup catcher with the Jays. He is on the final year of a two-year deal that will pay him $5 million this season.

While Navarro was professional and polite in speaking to the media, his public desire to leave the club was hardly the opening spring training message the Jays wanted.

Still manager John Gibbons, who spoke to the media before Navarro, said he understood his catcher's frustration.

"I can't blame him for not being happy. He's a competitor, he's a big-league player, a good one," Gibbons said, insisting there was a place for Navarro on the team.

Martin said he had a good relationship with Navarro, dating back to their time with the Dodgers.

"We're going to both try and help the team as best we can," Martin said. "I'm sure that if he could be in a gig where he could catch every day, I'm sure he would prefer that but that's something that's out of his control for now.

"The only thing he can control is his attitude and so far it's been fantastic. And (it) hasn't made me feel weird at all. He's been a good teammate so far. It's only Day 1 but the attitude is the right one and hopefully we can keep that going." THE CANADIAN PRESS

Catching the knuckleball

Russell Martin drew a lot of attention during his opening bullpen session with Daniel Norris. Knuckleballer R.A. Dickey used personal catcher Josh Thole for his throwing time.

- Manager John Gibbons said that was just for the first day of camp. Martin will be given the chance to catch for Dickey.

Expect the unexpected

After a wild weekend in domestic play, here is a look at what to expect from the four Champions League games this week:

THE ASSOCIATED PRESS
Photos by Getty Images

Juventus faces wobbly Borussia

Juventus will not underestimate Dortmund when the Bundesliga strugglers come to Turin.

The two teams are enjoying very different seasons domestically. Juventus moved nine points clear at the top of Serie A at the weekend, while Dortmund only recently climbed out of the German league's relegation zone following three successive wins.

"Anything can happen over two matches," Juventus defender Giorgio Chiellini said.

Weekend results add intrigue at City

While Manchester City is coming off a 5-0 thrashing of Newcastle, Barcelona saw its 11-game winning streak end in a 1-0 home loss to Malaga on Saturday when Messi, Neymar and Luis Suarez were held in check.

"The loss is painful and deserved," Barcelona coach Luis Enrique said. "Time will tell if it affects the game in Manchester."

Injury worries have relented for City manager Manuel Pellegrini, too, meaning that suspended Yaya Toure is the only regular starter definitely missing.

Arsenal armed and dangerous

With eight wins in its last nine games, Arsenal heads into the first leg of its tie against Monaco in impressive form.

Arsenal has been eliminated at this stage of the competition in each of the last four seasons but will be confident its current winning momentum can help it overcome its French opponents over two legs.

Monaco goes into the fixture off the back of a late 1-0 win at Nice on Friday, with substitute Bernardo Silva scoring five minutes from time to secure three points.

Bayer ripe for Atletico strikers

Roger Schmidt's Bayer Leverkusen side has been dropping points by conceding injury time goals in recent games — drawing 2-2 at Augsburg and losing 5-4 to Wolfsburg the weekend before.

Atletico Madrid's strike pair of Mario Mandzukic and Antoine Griezmann are proving effective this season, with 37 goals (20 and 17, respectively) across all competitions in their first season at the club. They'll be a handful for Bayer.

Hernandez trial. Cleaner claims to have found guns

A woman who cleaned the home of former New England Patriots player Aaron Hernandez testified Monday at his murder trial that she saw two guns there before the killing.

Hernandez has pleaded not guilty to the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. His body was found in an industrial park not far from Hernandez's home. The .45-calibre gun used to shoot him six times was never found.

Marilia Prinholato testified under questioning from prosecutors that she saw the first gun around May 7, 2013, her second time cleaning the house. She said she was straightening the fitted sheet on the bed in a basement guest room when she discovered it. Prinholato described it as black, heavy and 30 to 40 centimetres long, and she said she put it back under the mattress where it had been. She said she saw the same gun once more, the following week, when she lifted up the mattress to see whether it was still there.

A few weeks later, Prinholato said, she was in Hernandez's bedroom with her boss, who was folding Hernandez's dirty khakis.

As the boss put the pants away in the closet, Prinholato said, the boss pulled a smaller silver gun with black details from the pocket. This gun was 15 to 20 centimetres in length, she said. Hernandez's lawyer Michael Fee asked Prinholato if she knew the company that made the gun or the calibre of bullets it used, and she said she did not.

Also Monday, two witnesses testified about hearing several loud bangs like fireworks around the time of the killing. Both worked the night shift in the industrial park and said they were sitting in their cars after 3 a.m. The first said she heard around five bangs between 3 and 3:30 a.m. while she napped in her car. The second said he heard about six or eight loud bangs after 3:20 a.m.

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Aaron Hernandez in court in Fall River, Mass. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Someone you believed was trustworthy will show their true colours. In a way, they have done you a favour — you know not to trust them again.

♉ Taurus
April 21 - May 21
If you find it hard to communicate with those around you over the next 24 hours, it may be the planets' way of telling you this is not a good time to discuss serious matters.

♊ Gemini
May 22 - June 21
Someone in a position of power will say something that annoys you today, not least because it seems to cast doubts on your expertise. Don't take it too seriously.

♋ Cancer
June 22 - July 23
You won't be sociable today but that's OK; you need time to plan your next move. Don't give up on a long-term ambition. It *can* be done.

♌ Leo
July 24 - Aug. 23
Spell out what it is you intend to do over the next few days so there can be no confusion. However, having made your plans public you must stick with them.

♍ Virgo
Aug. 24 - Sept. 23
Don't let anyone pressure you into making a hasty decision today, especially as it will be you who gets the blame if it all goes wrong.

♎ Libra
Sept. 24 - Oct. 23
Your mind may be sharp and clear but that does not mean the conclusions you reach will be right. Wherever possible, do your own research.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to rush through a task at top speed, but if you do, you may make a bad job of it. Do it right the first time.

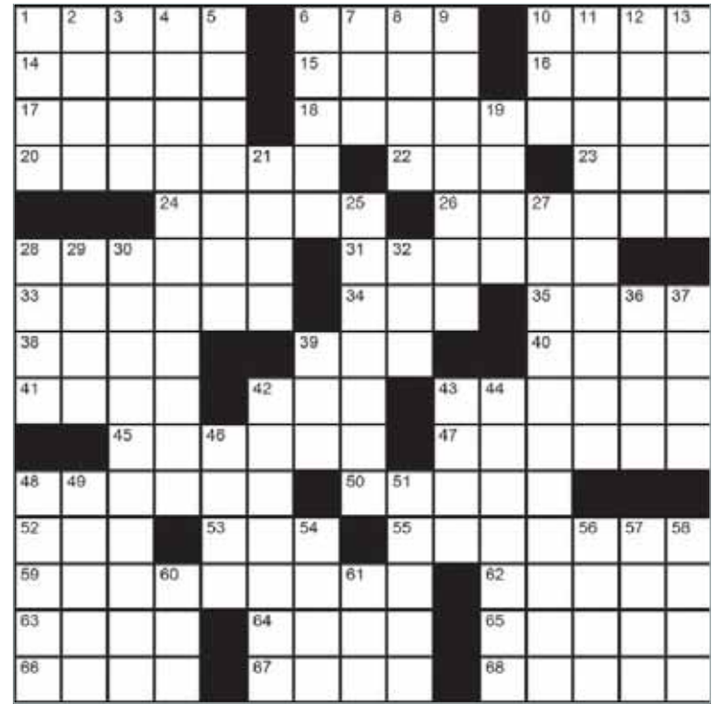
♐ Sagittarius
Nov. 23 - Dec. 21
Plan ahead but try not to actually do anything. If you give your brain a rest today it will be working better later in the week, when important decisions have to be made.

♑ Capricorn
Dec. 22 - Jan. 20
You are having doubts about something you thought was a great idea. But don't give up, because a few days from now your doubts will be gone and it will be a great idea again.

♒ Aquarius
Jan. 21 - Feb. 19
You are desperate to make an impression, but don't break the rules or, worse, break the law. The impression must be positive, not negative.

♓ Pisces
Feb. 20 - March 20
If someone asks you to help with a cause close to your heart, you will do so eagerly. But before you do, make sure you are dealing with professionals, not amateurs.

Crossword: Canada Across and Down by Kelly Ann Buchanan



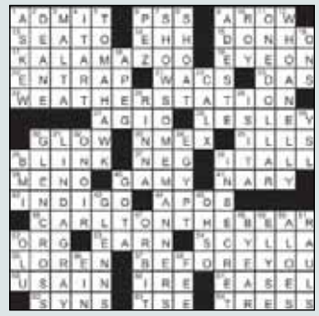
Across

1. Tim __, Canadian journalist to which Prime Minister Trudeau made his famous 'just watch me' quote in 1970
6. Hungry feeling
10. Company bosses, collectively [abbr.]
14. Then: French
15. Moulding type
16. ___ knot
17. __ __ 6 a.m., like an alarm clock
18. CBSC = Canadian Broadcast __ Council
20. Canadian cycling great Curt
22. Casual shirt
23. Newspaper in Calif.'s largest city [acronym]
24. __ lights (Movie set brighteners)
26. Frill
28. Ms. Lansbury
31. Magical potion
33. "Fifty Shades of Grey" actor Jamie
34. Ms. Richie, briefly
35. Poetically approaching
38. __ __ now (Up to this point)
39. 'Sure' signal
40. Computers: Prefix to 'byte'
41. Dry: Spanish
42. Silent
43. #29-Down's answer, informally
45. Epoch when ancestors of the modern horse appeared
47. Furniture polish brand
48. Stage musical, Bye Bye __
50. Goat-antelope of Japan
52. Whichever
53. __-la-la!
55. Dance judge Nigel
59. __-__ sweater
62. Prince William's brother
63. "The Bridge on the River __" (1957)
64. "This should come __ __ surprise..."
65. Uplift
66. Video game maker
67. Nashville, __.
68. Mister, in Madrid

Down

1. Foolhardy
2. Epithet for Athena
3. Tolkien's trilogy, tiny-ly
4. Genetically-modified grub
5. Canadian actress Ms. Warren
6. Mail, in Montreal
7. 007, e.g.
8. Tidy
9. Not a name brand
10. Kingston Trio hit
11. 1991 Matthew Sweet song
12. Track star's 'necklace'
13. Preference
19. Two: French
21. Vancouver-born actress Valerie
25. Making-organisms 'instructions'
27. Vancouver Canucks mascot: 3 wds.
28. "Cold Mountain" (2003) heroine, and others
29. Olfactory organ
30. Show on Oprah's network OWN starring two Canadians, "Anna & Kristina's __ __"
32. Jar's closer
36. Watered-down rum
37. Smog
39. Convent dweller
42. Kalahari Desert animal
43. Agile
44. Garments
46. Adduce
48. Gives support to
49. Floored: 2 wds.
51. Mr. John
54. Cove: French
56. "__ Torino" (2008)
57. "Is that for here __ __ go?" (Fast food query)
58. Glancer
60. __ Fail (Irish coronation stone)
61. Hostel

Yesterday's Crossword

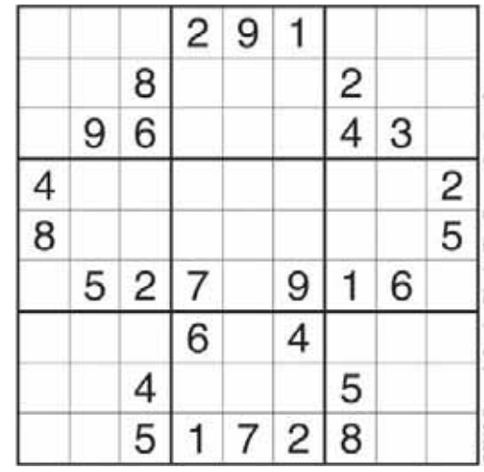


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

8	1	2	6	4	3	5	9	7
5	9	6	2	8	7	3	4	1
7	3	4	9	5	1	8	6	2
2	7	5	8	3	6	9	1	4
1	4	8	7	2	9	6	3	5
3	6	9	5	1	4	7	2	8
9	2	1	3	7	8	4	5	6
4	8	3	1	6	5	2	7	9
6	5	7	4	9	2	1	8	3

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